



Wellness Seminars

Tools for Managing Stress & Creating a Healthier Mindset

Thursday, May 13, 2021
4:00pm - 5:00pm PST

What comes to mind when you think of 'stress'? Never-ending to-do lists? Sleep deprivation? More stressed now that you've stressed over thinking about stress? Take a breath! But, seriously, take a breath. Training our brains to better cope with stress is easier than you may think. This presentation discusses simple tools for stress management, resiliency, and mindfulness so you can be your best self at home and at work.

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