

Managing Your Response to Stress While Managing Your Business

June 16, 2020
10:00 AM to 11:00 AM

COST: FREE - Registration required

PRESENTER: Heidi Earhart
Croyle-Nielsen Therapeutic Associates, Inc.

This session will review the following topics:

- Signs and symptoms of stress
- How the nervous system responds to perceived stress
- How much stress impacts thinking and focus
- Stress is not all bad
- Ways to get back on course
- Skills to practice which slow and reverse your stress response

To Join – Please register using the link below:

Please register for “Managing Your Response to Stress While Managing Your Business” on
Tuesday, June 16, 2020 10:00 AM - 11:00 AM EDT at:

<https://us02web.zoom.us/meeting/register/tZ0sdO-grzgoG90aZHVaYozZrvKgVknltAZ2>

After registering, you will receive a confirmation email containing information about joining the meeting.