



Wellness Pathways

Tools for Change: Building Healthy Stress Management Skills

Stress is a fact of life. In times of transition and uncertainty especially, it is easy to become overwhelmed. How you cope with the stress in your life determines how it impacts your health and wellbeing. This two hour workshop provides hands-on tools to assist you in navigating challenges and the demands for change in your work and personal life.

When: Tuesday, September 15th or September 22nd from 6pm -8pm

Where: "A Ray of Hope" located in the Kits Corner Plaza at 7990A Hwy 29.

Participants will learn:

1. To recognize signs of stress in themselves and others and the physical, mental and emotional changes that result from stress;
2. The difference between stress reactivity and stress responsiveness;
3. Multiple tools for healthy responses to stress; and
4. How to apply those tools to break the habit of reactivity and build stress resilience.

Educator: Leslie Lovejoy, RN, Ph.D.; Wellness Educator and Consultant

Fee: \$20

For more information, directions or to register, contact Leslie at 707-350-1084 or by email at leslie@wellness-pathways.com

