

Pathways to Coping with Stress

I Need Stress Management!

Stress doesn't have to run your life! Come join us and learn about how you can take back control of your life! This inspirational and practical workshop will give you the opportunity to apply research-based strategies to help you cope with stress in both your personal and professional life in a fun and healthy way!



In this workshop you will:

- *Gain an understanding of what causes stress and the negative effects of chronic stress on your physical, mental and emotional health*
- *Recognizing early signs of stress*
- *Identifying personal stress "triggers"*
- *Explore the various ways of coping with daily stressors*
- *Learn how to break the habit of reactivity when dealing with stress*
- *Learn new ways to respond to stressors and build resilience*
- *Develop new skills in managing your stress and live a healthier life*
- *Receive "tools You Can Use!"*

Prices are based on individual needs and number of participants. Submit Inquiry form or contact: Dr. Marva T. Dixon at marva.dixon@att.net for more information. Website: <http://www.drmarvatdixon.com>