Relax. A Special Stress Management Workshop

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What is stress?

Stress is a normal response to things that make you feel threatened or upset.

The stress response is your body’s way of protecting you.

The stress response helps you rise to meet challenges.

Too much stress can result in harmful physical or emotional responses.

So... how can you relax?
Close your eyes . . .
Breathe
Smile!
Listen
Create
Nourish
Nature and nurture
Let’s get moving
Imagine
Questions and feedback

For more information and tips, read our technical brief Healthy Habits: Reducing Stress and Fatigue and Increasing your Energy

http://nationalrtap.org/Resource-Library/Advanced-Search/?fid=97

Thank you!

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