

# Stress Management in Changing Times



<https://attendee.gotowebinar.com/register/6781251564845608206>

- Why Do We Need to Cope?
- What is stress?
- Distress and Eustress?
- Common Signs of Stress
- Uncertainty and Change
  - Be Informed, Not Influenced
  - Limit News Intake & Beware of Rumors
- Face the Cause of Your Stress
- Activity: Face cause of stress activity, SMART Goal setting
  - Broad Goals



<https://attendee.gotowebinar.com/register/8227770161859371790>

- Cognitive Restructuring
- Mental Health and Relaxation Response
- Stay Connected
  - Parents taking care of children as well as caregivers of older adults
- Reach Out for Assistance/Support System/Seek Help
- Deep Breathing & Meditation
- Activity: Deep breathing and/or meditation practices



<https://attendee.gotowebinar.com/register/401016486303366158>

- Take care of your body
- Eat well
- Exercise
- Sleep
- Limit alcohol, caffeine, and avoid drug use
- Practice good hygiene and create routines
- Activity: Stretching and/or Yoga
- Come back to making SMART Goals (established in Series 1)

For More Info >>>>>>>>>>

**lqrmadmin@lqrm.com - or - 678.686.6282**