

**Specific Strategies to Encourage Stress Reduction**

**Evaluation, July 8, 2022**

**Select appropriate Continuing Education Certificate  
 \_\_\_\_\_** Counselor  
 \_\_\_\_\_ Nurse  
 \_\_\_\_\_ Social Worker

**Objectives (Rate the following on a scale 5 (high) to 1 (low) – place at end of line**

At the conclusion of this activity the learner should be able to:  
1. Review physiological stress response, including endocrine and sympathetic nervous systems. \_\_\_\_\_

2. Examine an overview of research – supported lifestyle interventions to reduce stress. \_\_\_\_\_

3. Examine an overview of research – supported botanicals (teas & essential oils to compliment lifestyle interventions. \_\_\_\_\_

**Rate the following on a scale of 5 (high) to 1 (low) – place number at end of line**

1. Session was well organized/interesting delivery \_\_\_\_\_
2. Presenters were knowledgeable of subject \_\_\_\_\_
3. Overall effectiveness of the presenters \_\_\_\_\_
4. Information met my expectation for the session \_\_\_\_\_
5. Information was new/useful for me \_\_\_\_\_
6. Overall, session was beneficial to me \_\_\_\_\_
7. My level of knowledge on this topic before the presentation. \_\_\_\_\_
8. My level of knowledge on this topic after the presentation. \_\_\_\_\_

**Please complete this evaluation and return to** [**charlenemr@knology.net**](about:blank) **within 2 weeks after the session to receive your Certificate of Attendance.**