

Destressing in a Pandemic: The Stress Impact of COVID-19

4 hr Virtual Training
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Social distancing, isolation, hours of virtual meetings, wearing masks, no hugs, and the list goes on. The obvious and not so obvious impact of the pandemic is causing stress and exhaustion.

Stress, the body's reaction to a real or perceived threat can be debilitating. This training will explore individual stress management skills and help participants develop ways to embrace it, contributing to a healthier well-being.

Upon completion of this trainings, participants will

- Understand the stress response
- Learn about the mind, brain and body connection to stress
- Explore personal responsibility to self-care
- Develop a plan toward becoming more resilient

The training is virtual incorporating participant involvement and a self-exploration activity. Attendees must have video and audio capability.