

Emotional Well-Being



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Emotional Well-Being

There is no question we are living in stressful times. The incidence of stress-related conditions such as depression, anxiety, irritable bowel syndrome, headaches, and insomnia are on the rise. In this inspirational and informative presentation we will identify key stressors, explore the body's physiological response to stress and learn mind-body strategies and nutritional/supplement interventions that can help one thrive.



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OBJECTIVES:

1. Participants will be able to identify three stressors and our physiological response to acute and persistent stress.
2. Participants will be able to discuss three integrative techniques to help prevent and/or treat stress.
3. Participants will be able to discuss depression and how it is the hidden risk factor for many diseases.
4. Participants will be able to discuss three integrative therapeutic options that can help one cope with depression.