

MIIA EAP Professional Development Training



Date:
Friday, August 13, 2021

Time:
10:00-11:00am

Presenter:
Lisa Maloney, MHC

To Register, click on below link:
<https://attendee.gotowebinar.com/register/436814394065970955>

Embracing Stress: The New Science of Stress

You can't open a newspaper, magazine, or web page without seeing messages that stress is bad for our health. It's accused of causing heart disease, cancer, and even Alzheimer's. But what if that is not the case? What if stress makes you smarter, stronger, happier, and more resilient? What if stress is just like a muscle and the more you use it, the better it becomes? The latest science finds that it is not the stressor we experience that makes us sick, but our stress mindset. Rather than trying to reduce, avoid or escape our stress, understanding and embracing it may be the secret to resilience and longevity. Attend this seminar to learn about the latest science and strategies regarding stress.

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