

MIIA Professional Development Training

Embracing Stress: The New Science of Stress

**Date:**

Wednesday, May 20, 2020

Time:

1:00 – 2:00pm

Presenter:

Steven Bernstein, LMHC
Allan Marsh, MBA

To Register:

Go to www.emiia.org and click on “Training Calendar”

You can't open a newspaper, magazine or webpage without seeing messages that stress is bad for your 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.

Presented by your Employee Assistance Program, offered through AllOne Health

1.800.451.1834