



## MIIA Professional Development Training

### Embracing Stress: The New Science of Stress

**Date:**

Thursday, December 13<sup>th</sup>

**Time:**

2:00 - 3:00pm

**Presenter:**

Allan Marsh, MBA

**Registration URL:**

<https://attendee.gotowebinar.com/register/558728221517808897>

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,

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