NMSU Cooperative Extension Service

Stress Management – Thriving in Today's Demanding World

An Online Workshop Series

When: Thursdays, May 2020, 11:30am -12:30pm

May 7: COVID-19- A New Stress! Tips for Family Resilience (Karim Martinez, Ph.D., CFLE)

- ✓ Healthy relationships
- ✓ Balancing work, school and family time at home
- ✓ Staying socially connected while physically apart

May 14: Understanding How Stress Affects the Brain and Body (Suzanne DeVos-Cole, MLA)

- Signs and symptoms of stress
- ✓ Effects of stress on the brain and body
- ✓ Ideas for breaking the stress cycle

May 21: Tools to Positively Leverage Your Stress

(Dianne Christensen, MS)

- ✓ Leveraging stress for positive growth
- ✓ Tools to change your thinking
- ✓ Creating new habits

May 28: Tools to Manage Stress Through Self-Care (Karen Plawecki, Ph.D., RD)

- ✓ Strategies for healthy nutrition
- ✓ Ideas for staying physically active
- ✓ The importance of sleep



Presented by:

Bernalillo County Extension

Extension Family

& Consumer Sciences

Mora County Extension

Register at: http://rsvp.nmsu.edu/ rsvp/stressmgt

Contact:

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If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Suzanne DeVos-Cole in advance at sdcole64@nmsu.edu.

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