



Learning to Relax

June 12th • 11:30 a.m.
(Webex)

Stress is experienced in the body as tension. To manage stress we have several choices: reduce or eliminate the stressor, think about the stressor differently so it no longer causes tension, or change the way our body reacts to stress. This webinar will address the third option through exploring a variety of relaxation techniques to calm the body and mind.

The webinar will allow participants to learn and experience several simple relaxation tools such as progressive muscle relaxation, abdominal relaxation breathing, and visualization.

[Register Here!](#)

