

SHIFT HAPPENS! HEALTHIER STRATEGIES FOR COPING

Stress is now associated with over 80% of all diseases. While we can't avoid stress or control the world around us, we need to learn how to live with the "shifts" of everyday life. The stress we experience in today's world is the constant drip of a leaky faucet and while we may not notice it daily, if left unattended, it will ruin the entire sink. Let's share healthy coping strategies you can practice for self-care. We'll dive deep into breathwork, visualization, gratitude, social connection, and sleep.



Date: Wednesday, December 14

Time: noon-1pm CST

Location: Online - view [here](#). No registration required!

Presenter: Michelle Dawes