

STRESS

The Science of Stress: Offering Support During the Pandemic

Description: This training will review how stress affects the brain and body, with specific focus on the impact of the current pandemic and related ramifications. It will provide stress management techniques and other considerations for adults and youth during this time of societal stress.

Learning objectives:

- Review the biology of stress including brain & body science
- Consider the impact of stress from COVID-19 on adults and youth
- Discuss stress management techniques

Recommended for: Anyone interested in better understanding how stress impacts our brains and bodies, who experiences their own stress, or helps others manage their stress.

Cost: Sponsored by SAMHSA!

When: Tuesday, August 4th

Time: 11:30am - 1pm

Where: Zoom Virtual Platform

Register at: <https://www.eventbrite.com/e/the-science-of-stress-offering-support-during-the-pandemic-tickets-112839341508>

MHANI provides education, support services, and housing to improve the mental well-being of our community.



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**Scan to
Register:**

