

STRESS: THE MOST POWERFUL EMOTION

How many workshops have you attended that advise you to take a deep breath or do yoga to relieve stress?

Although those things are wonderful, stress is a bit more complicated than that.

In this workshop you will:

- Learn why stress is the most powerful emotion.
- What stress is doing inside our brains and bodies.
- Effective ways to change the way we think about stress which will actually help to minimize stress in our lives, which let's face it, we all need right now.

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