

Combat Stress with Practical Tools

Presenter

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Instructional Level

Intermediate

This presentation falls into the following category:

Communication, Professionalism, Self Care

Course Description

Feeling overwhelmed? Anxious? Burnt out? Ever say to yourself, “If I just had _____ (a different job, an extra hour, an extra set of hands, more money) I would NOT feel this way?”

As a clinician, you entered health care to help people. But lately, you’re thinking, “I can’t even help myself.” First: Nothing has gone wrong, and you are not broken. You may be overwhelmed, anxious, or stressed. You may even be burnt out. But you are not broken. Second: The fix is easier than you think. This course will offer a short background discussion on the neurophysiology of stress and how stress can lead to burn out. Participants will then engage in three different evidenced-based activities that can be implemented to reduce stress and anxiety.

Learning Objectives

By the end of this workshop, participants will:

1. Define stress and identify frequent “stressors.”
2. Create an awareness of stress in the mind and body based upon neurophysiology.
3. Understand the relationship between thoughts and stress.
4. Perform activities designed to reduce stress.

Key References: Minimum of 5 current references

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Speaker 1 brief bio:

Dr. Kelley is a professor of physical therapy at Quinnipiac University. She has taught

in the areas of neurologic rehabilitation, balance, and vestibular dysfunction and currently teaches neuroanatomy. Dr. Kelley received her BS in physical therapy from the University of Connecticut, her MS in neurology from Boston University and her Doctorate in education from the University of Sarasota. She is also a board certified neurological clinical specialist, certified yoga and meditation teacher and a certified Life Coach. Dr. Kelley's passion for neurology, brain health, wellness and the importance of self-care led her to create this course and many others.