

Stress Management Workshop

Life With Perspective

Once we understand our personal responses to daily stressors, we can regain control over our minds and bodies. We each have our own way of “de-stressing.” This workshop helps us to perfect our personal “de-stressing” skills, and shows us how to choose positive rather than negative techniques.

Our day to day struggles to establish and maintain physical and emotional equilibrium are as simple to control as taking a deep breath.

Four Simple Steps to De-Stress

***First:** Listen to your body*

***Second:** Interpret the messages*

***Third:** Give yourself an order*

***Fourth:** Follow your order. Heal.*

Learn how to use your Stress Control Card to measure your moment to moment level of tension throughout the day. Learn the value of taking a deep breath to the count of 4, holding to the count of 2, and exhaling slowly through pursed lips to the count of 8 . . . let go of stress while on the job . . . “body breathe” yourself to sleep on those stress filled nights.

For more information on this presenter, check out her website:

www.NECIankowitz.com

and/or

Google: “Iankowitz”

She is associated with articles about the Longevity Genes project, Albert Einstein College of Medicine (as research coordinator of that project), teaches at Temple Beth Elohim, Brewster, New York, works for the Pawling and Carmel Central School Districts, offers a variety of workshops, and is the author of Marcy and Her Friends and Tales of The Soil.

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“One of the best things you can do for your business”