

The Habits of Stress-Resilient People

This workshop will involve:

- Understanding Stress Resilience
- Habits that Control Cravings
- Habits that Reduce Fear and Anxiety
- Habits that Elevate Mood
- Practicing Positive Psychology and Mindfulness

In this program, learn to protect the brain and body from the toxic effects of stress and cortisol by developing a stress-resilient mindset. Learn how stress-resilient people manage cravings, reduce fear and anxiety, elevate mood and experience positive states.

Health professionals in medical, dental, and behavioral settings completing this new and practical 6-hour program should be able to identify one or more habits that:

1. Protect the brain and body from toxic effects of stress and cortisol,
2. Manage stress-related or generalized anxiety,
3. Overcome fears or generalized anxiety,
4. Produce positive moods and
5. Experience calm, mindfulness, meaning and happiness.

The cost is \$79 for an individual, \$74 (for groups of 3 or more) & \$89 on-site registration
Ways to register: [Internet-www.ibpceu.com](http://www.ibpceu.com); mail- P.O. Box 2238, Los Banos, CA 93635; phone-866-652-7414; Or fax-877-517-5222. Purchase order are accepted. IBP tax ID#: 77-0026830.

OFFERED AT 3 LOCATIONS:

Hattiesburg- Wednesday, February 24 @ Lake Terrace Convention Center 601-268-3220

Madison-Thursday, February 25 @ Grandview Cinema 601-898-7819

Tupelo- Friday, February 26 @ Bancorp South Arena & Conference Center 662-718-5555

CEUs are available for Educators (7.5 CEUs), Counselors-NBCC provider #6342 (6 hours)

CEUs are also available for Speech Language Pathologist, Occupational Therapist, Social Workers, Psychologists & Nurses.