

# D-Stress Online Workshop

September 26, 2024,

10:00am-12:00pm MDT

This free, 2-hour workshop includes a basic discussion about stress, and how we can recognize personal stress signs. Several coping skills and strategies are explored, and participants will come away with a personal stress reduction action plan.

**\*\*Please note that in order for this session to happen, there must be a minimum of 15 participants in attendance - AHS Staff**

**\*\*Please note that this session will not be recorded or uploaded to our website.**



## Learning Outcomes:

- Discuss the stress response
- Explore and identify personal warning signs of stress
- Discuss the 3 zones of the Window of Tolerance
- Name emotions as a strategy for managing stress
- Participate in 3 techniques for reducing stress in the moment

## Speakers:

Shannon Orbele, RN MN, is a Health Promotion Facilitator in the Provincial Mental Health Promotion and Illness Prevention team in AHS. She has spent most of her career working in mental health and is passionate about helping people develop skills and abilities to manage the stresses and challenges that arise in life.

Colleen Pruden, RN BN, works as an Education Consultant in the Provincial Mental Health Promotion and Illness Prevention team in AHS. Colleen enjoys her work of facilitating workshops and providing facilitator training sessions for the team's programs.



Target Audience: Anyone who wants to learn more about how to manage stress

Please register for session at:  
<https://fntn.ca/Home/Register-VC?eid=21323>

To access this session from zoom:  
<https://fntn.zoom.us/j/89706469244>  
Meeting ID: 897 0646 9244  
Passcode: 178189

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To access this session from an audio line:  
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