



# BOOST STRESS MANAGEMENT TODAY: RESILIENCE TECHNIQUES TO ADAPT TO THE “NEW NORMAL”

We are all under enormous stress as we transition from COVID-19 quarantine to the uncertainty of whatever our “new normal” will be. With so much to think about, taking care of our emotional, mental and physical well-being may have been lower priority for many of us when it needs to be a top priority now more than ever.

Join David Leopold, M.D., network medical director for Integrative Health & Medicine, for a timely discussion and insights about managing stress through change, improving overall health and sense of wellness, and tips to feel better and healthier.

#### TOPICS WILL INCLUDE:

- What is resilience and how does it help us prevent, cope with and recover from adversity, stress and illness?
- Creating balance during challenging times – the “founding five” principles of Integrative Health
- Integrative coping skills to enhance your health and wellness.
- Simple tips to improve your day

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#### THE WEBINAR WILL LAST APPROXIMATELY 45 MINUTES.

- MONDAY, JULY 13, 2020 AT 11 A.M.

PARTICIPANTS MAY LOG IN BY COMPUTER/  
ELECTRONIC DEVICE OR USE PHONE AUDIO

REGISTER ONLINE FOR **JULY 13**  
(click date to registration page)  
or CALL 1-800-560-9990.

PARTICIPANTS ARE ENCOURAGED TO SUBMIT  
QUESTIONS FOR THE DISCUSSION.

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