

## HeartMath - Transform your Stress

Presented By: **Various Alberta Health Services Speakers**

Fee: **\$0.00**

### Date(s) & Time(s)

October 12, 2021: 4:00 PM - 5:30 PM

October 19, 2021: 4:00 PM - 5:30 PM

### Venue:

Online -

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## About the Session

TARGET AUDIENCE: All K-12 educators

Stress affects people physically, mentally and emotionally. Many Albertans have identified feeling stressed with the advent of the COVID-19 pandemic.

**October 12th** - This introductory course for clinical and personal use includes a basic discussion of stress plus looks at different ways to manage stress, including 2 *HeartMath* breathing techniques.

**Course Objectives - Part 1** - Participants will:

1. Discuss the stress response;
2. Identify warning signs of stress;
3. Make an action plan to address their own stress;
4. Review how emotions impact the body, brain, and overall health;
5. Participate in 2 practical stress-relieving breathing techniques;
6. Discuss how emotional resilience can be enhanced through regular use of the breathing tools;
7. Discuss potential use of the *HeartMath* tools in the clinical setting.

**October 19th** - This part is for personal use continues from Part 1 with the learning of 3 additional *HeartMath* techniques to manage stress and increase resilience.

**Course Objectives - Part 2** Participants will:

1. Review questions from *Transform Your Stress (Condensed) - Psychosocial Response to Disaster - Part 1*,
2. Discuss perception and decision-making abilities using the *HeartMath* tools;
3. Discuss communication skills through use of the *HeartMath* tools;
4. Review how emotional resilience can be enhanced through regular use of the breathing tools.

## About the Presenter(s)

Various Alberta Health Services Speakers [OCTYPE html](#)>