



# Heart-Centered Programs

*Empower - Energize - Enhance*

Bliss is Best

Putting **Heart** back into your life

## Overview/Description

There are many definitions of 'Stress' and everyone is exposed to stressful situations, whether at work, home or in your community. It's how we react to those situations that greatly determine our stress-level and ultimately our health and well-being. This workshop covers all aspects of stress and gives you tools to better manage stress.

## Ideal Audience

Anyone who wants to live a happier, stress-free life!

## Expected Duration

1 hour, 2 hour, or Half-Day Session

## Workshop Objectives

At the conclusion of this workshop, you will be able to:

- Identify the Causes of Stress
- Recognize the Physical Signs of Stress
- Stress Management Tips & Strategies
- Learn Simple Exercises & Relaxation Methods
- Create a Self-Nurturing Plan for Stress Relief



*"It's not stress that kills us, it is our reaction to it."*

- Hans Selye

*"Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they've started."*

- David Allen



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