



Exclusive Webinar Presentation

# Stress Solutions for Today's Dietitian

Part 1 | Earn 1 CEU

Presented by Dr. Jo® Lichten on Wednesday, August 9 & 16 @ 2-3 PM EDT

**Date: Wednesday, August 9, 2017**

**Time: 2-3 pm Eastern Time (ET)**

Convert to your time zone at: <http://www.timeanddate.com/worldclock/converter.html>

*Suggested CDR Learning Codes: 1120, 4090, 5460, 6010*

*Suggested CDR Performance Indicators: 8.3.3, 8.3.4, 8.3.6, 9.6.1; Level 2*

In Part One of this Two-part series, **Dr. Jo®, PhD, RDN**, will discuss the science of stress - what happens during the stress response and how it affects or influences both health and personal decisions. To make this program more practical, Jo will ask you to identify one thing ("stressor") that causes you great stress. Then, using some common issues as examples, she'll help us to uncover what the real issues are behind our stress (it's rarely what we think it is).

## Learning Objectives

After completing this continuing education series, nutrition professionals should be able to:

1. Define stress in terms of both the positive and negative implications
2. Describe how negative stress can affect the body and overall health
3. List five coping strategies that are found to be effective in managing stress – and can be an option for managing their own particular stressor
4. Describe the five steps in the stress cycle and one way to interrupt/change each of these steps
5. Practice stress management by identifying five plausible ways to change the stress cycle for their own particular stressor

## How to Join the Webinar

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## Handouts

A copy of the presentation slideshow and associated handouts will be available to download during the webinar in the live presentation viewer under the “Event Resources” tab.

## System Requirements

Operating System	Internet Browser	Media Playback	Audio
Windows 10	Google Chrome 55+	HTML5 streaming enabled browser	Audio must be streamed through computer speakers or mobile device.
Windows 8.1+ Pro	Internet Explorer 11+	Apple iOS http streaming enabled browser	
Windows 7	Firefox 51+	Android http streaming enabled browser	We recommend using Firefox or Google Chrome for optimal experience.
Android 4.4+	Safari 9+		
Apple Mac OS X 10.10+	Edge Browser		
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