



Exclusive Webinar Presentation

Stress Solutions for Today's Dietitian

Part 2 | Earn 1 CEU

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

Date: Wednesday, August 16, 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 Two of this Two-part series, **Dr. Jo®, PhD, RDN**, will break down what happens in our brains during that millisecond between a stressful event and our response/reaction. While it seems to be a two-step process (1. it happens and 2. we respond), there are actually five specific steps that flow from one to another. And, interrupting or changing any one of these specific aspects can completely change our response to the stressful situation. Like it never happened! Again, you'll have time to think about your unique situation that causes you stress – and come up with solutions for each step of the process.

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

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System Requirements

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Windows 10	Google Chrome 55+	HTML5 streaming enabled browser	Audio must be streamed through computer speakers or mobile device.
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Windows 7	Firefox 51+	Android http streaming enabled browser	We recommend using Firefox or Google Chrome for optimal experience.
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