

**«Lunch & Learn» - Ihre Gesundheit im Fokus**

Webinar Thema: **Managing Stress and Anxiety –  
How to feel calmer and more in control?**

Datum: **26. August 2022, 12.00 bis 13.00 Uhr**

Sprache: **Englisch**

Do you frequently say "I'm stressed!"? Are feelings of overwhelm getting you down? Is anxiety controlling your life? If you answered yes to any of these questions, you may also be experiencing physical symptoms of stress and feeling like your resilience reserves are depleted. This has an impact both personally and professionally. In this webinar we'll explore myths around stress and Lisa will show you how you can utilise your brain, body and environment to manage stress and reduce feelings of anxiety.

The aim of this webinar is to share evidence-based tips and strategies to help manage stress and anxiety.

In this webinar you will get:

- An understanding of stress and anxiety and how to promote a common language and understanding of wellbeing
- An understanding of how stress can impact us physically, emotionally and mentally
- How to recognize signs and symptoms of stress and anxiety in yourself and others
- Tools and strategies to manage stress using a bio-psycho-social perspective