

Stress Management

DATE: MONDAY,
MARCH 6TH
TIME: 6:30PM

WHERE:
LITTLE MIAMI HS
AUDITORIUM

3001 E. US 22-3
MORROW, OH-45152

FOR MORE
INFORMATION
CONTACT YOUR
SCHOOL COUNSELOR

Tammy Martin— LMHS
Bridget Herron—LMHS
Jessica Nethers—LMHS
Brandy Phillips—LMHS
Tarra Kraft—LMJH (7)
Andrea Wall— LMJH (8)
Dawn Gasper—LMIS
Raegan Malblanc— Salem
Brittany Stultz-LMHB/
LMHM



Coping with Stress in the Modern World

Presented by
Barbara Adams Marin, MA LCDCH and
Lisa Daniel, MSW, LSW

Who *isn't* stressed these days? Some say stress is the plague of modern civilization... But stress isn't likely to disappear anytime soon, so what can we do to manage the stress in our lives? The presentation will include:

- How stress affects the body & brain, and impacts overall health
- Coping strategies to manage everyday stress
- Reducing stress at home
- Ways to help children deal with school related stress, test anxiety & senior angst

Barbara Adams Marin & Lisa Daniel work at Solutions Community Counseling and Recovery Centers.

Barbara supervises the Prevention Program. She was a teacher for over 20 years before working in behavioral health.

Currently, Lisa is a Prevention Specialist providing programs in schools & the community. She also has worked as a mental health therapist for children and adults.