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# STRESS, CHRONIC STRESS, AND HOW TO COPE

With Luke Campbell, MA

The holiday season can be a time of happiness and cheer. It can also be a time of stress for those who continue to deal with the pandemic, other health emergencies, or have suffered loss as a result of a natural or human-made disaster. In these difficult times, we can experience overwhelming feelings of sadness and loss, rather than feelings of joy and cheer. This presentation will discuss stress, chronic stress, and ways to cope.

Register at <https://www.train.org> with ID 1105345

- November 17, 2022 – 9:00 -10:30AM
- December 15, 2022 – 2:00 – 3:00 PM