



SUMMER CONFERENCE LUNCH & LEARN WEBINAR SERIES

TO STRESS OR NOT TO STRESS

Managing cities and counties in the time of a pandemic creates many stressors that we have not had to deal with before.

Everything from how to keep citizens safe and healthy to trying to help local businesses stay afloat challenge our coping skills.

The good news is that we can choose to be stressed or not to be stressed. As a result of this workshop participants will be able to:

- list and describe common stressors.
- recognize the physiological and psychological signs that they are experiencing stress.
- select and utilize appropriate strategies for managing the stress that they experience.

Presenter: Lesley Levin, Clinical Social Worker and former President/CEO, Behavioral Health Response

Addresses ICMA Practice Area 5 (Personal Resiliency & Development)

WEDNESDAY, MAY 27, 2020

11:30 AM - 1:00 PM

THE LUNCH & LEARN SERIES IS FREE

CLICK HERE TO REGISTER

