



Palm Beach County
 Youth Services Department
 Residential Treatment & Family Counseling Division
 Education and Training Center
 PRESENTS



Lunch & Learn

Chill Out: Stress Management and Relaxation

Presenter: Christina Castellana, M.S.



REGISTRATION LINK:

[HTTPS://
 WWW.SURVEYMONKEY.COM/
 R/7DHRKT9](https://www.surveymonkey.com/r/7DHRKT9)

*If you have trouble accessing
 the survey, please copy the
 link and paste it directly into
 your browser*

Date & Location

THURSDAY,

NOVEMBER 21, 2024

12:00 pm—1:00 pm

**ZOOM REMOTE VIDEO
 CONFERENCE**

Once registration is
 confirmed, link to access
 the training will be
 provided

For more information on the Youth
 Services Department, Scan the QR
 code below



Description

In this presentation, participants will delve into the nature of stress, its different types, and the body's responses to stress. Attendees will gain insight into how stress affects both our mental and physical health. We will explore effective ways to manage stress, including self-care practices and the importance of strong support systems.

The session will discuss various forms of relaxation, including yoga, exercise, and creative activities, as powerful tools for stress relief. Additionally, participants will be guided through relaxation techniques such as deep breathing, progressive muscle relaxation, and guided imagery to help calm the mind and body. Whether you're seeking to reduce everyday stress or build long-term resilience, this presentation will equip you with practical strategies to foster balance and well-being.

There is no cost associated with this pro-