



**BROWN MEDICINE**  
BROWN PHYSICIANS, INC.

Join Us:

Coping Strategies during COVID lockdown and returning to "a New Normal."

**Date:** 4/8/2021

**Time:** 1:00 pm – 2:30 pm

**Educational Opportunity:** Coping Strategies during COVID lockdown and returning to "a New Normal."

**Speaker:** Sandy Hermele Grand, PHD, Clinical Psychologist

**Program Overview:** These days stress has become a common topic of conversation. We are all stressed at some time in our life, some more than others. The way we deal with stress, impacts the degree to which we are affected. Not only can stress affect your ability to manage your life, but more importantly your health. This session offers an insight into life balance, that is personal and will help the participants to learn strategies for managing stress and deal with it in a positive manner.

**Objectives:**

- Identify your stressors and your emotional and physical reactions.
- Recognize your stress levels and dealing with stress positively.
- Learn about Stress Management techniques that will help you to overcome stress.

Please join us on **ZOOM**, to attend contact your Nurse Care Manager for sign up information:

Join Zoom Meeting

<https://brownphysicians.zoom.us/j/93648023578?pwd=dDhvTnp4d1N2Y1JmSTVJVkw3S0pTUT09>

Meeting ID: 936 4802 3578

Passcode: 167036

