



Stress prevention and management made practical – How to decrease preventable stress

Saturday, November 11, 2017

3:30 p.m. – 4:30 p.m.

Speakers

drs. Carolien Moors MSc

Session Objectives

At the conclusion of this session, attendees will be able to:

1. Identify situations where you may create or exacerbate your own stress.
2. Describe how different kind of stressors may influence you.
3. Implement practical stress prevention and stress management tips to use on the job and at home.

Conflict of Interest/Financial Disclosure

The planners and speaker(s) have disclosed the following financial relationships and/or conflicts of interest:

drs. Carolien Moors MSc	None
Jackie Foster, MPH, RN, OCN	Pfizer – stock (spouse)
Lara Rauchwarter	None
Brandon Knez	None