



Stress Relief Self-Care Happy Hour

Led by Wellness Journeys

New research underlines the importance and benefits of self-kindness. Feel better fast by learning the “3-Step Self-Care Method.” This simple process leaves you feeling energized, balances your nervous system in “real time,” and shifts your body into its powerful stress reducing mode called, “Rest, Digest, and Heal.”

Learn:

- Why self-kindness can reduce stress
- How to balance your own nervous system in real time
- The 3-Step Self-Care Method

Register Here



DATES & TIME:

May 14, 11am -12pm

LOCATION:

ZOOM



For BOCC Employees Only: This YourChoice workshop earns points in the **Emotional** wellbeing pillar for Manatee Thrives.