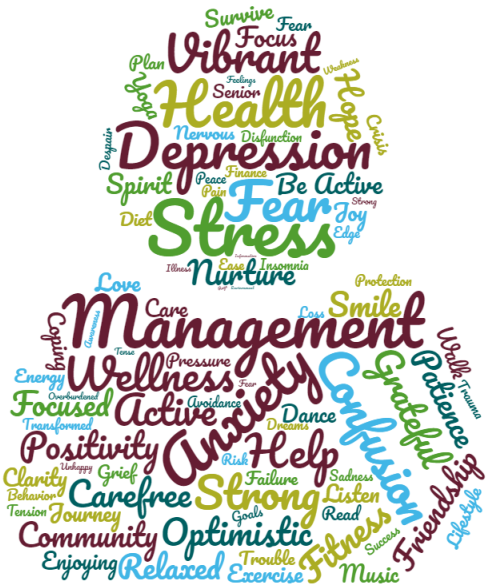
"SILENCING YOUR THOUGHTS" WORKSHOP

STRESS BUSTERS! 5 Steps to Deal with Stress



Stress comes in many forms. It's that uneasy feeling we get when we're upset - whether it's because we're angry, worried, depressed or upset for other reasons. In these challenging times, it's very easy to become stressed and anxious. In our Stress Buster workshops, we will learn how stress starts and a simple effective method to handle your reaction to situations. You will learn a five-step process to reduce stress and help you better respond to any situation.

Stress Busters (also known as Ding Sum) has been serving seniors in the San Francisco Bay Area for over 30 years, reaching 900 people through monthly in person seminars, and now via Zoom! This weekly series is fun and practical. Leave each session with new practical insights on how to better handle whatever life throws at you.

Start Date: January 6, 2021 - every Wednesday

Time: 10am-10:30am

Duration: 10 weeks then in March it moves to monthly (4th Wednesdays of the month).
NO RSVP required. You do not have to attend all sessions.

Zoom Link:
https://us02web.zoom.us/j/88189614817?pwd=aElUZVdTeTNEdU1rNnlJZ3Fqd3lMdz09

Option 2. To join as an audio phone call (you cannot see us with this option).

1. **Call:** 1 669 900 9128
2. After the first prompt, **press** (meeting ID): 881 8961 4817 #
3. After next prompt, **press** #
4. After 3rd prompt, **press (**password) 848262