Stress Management and Resiliency Training for Educators

September 10, 2024 *5:00pm-9:00pm CT*

CEUs Available

SMART offers an innovative, modern, uplifting, and highly scalable approach to enhance individual resilience. Developed by Dr. Amit Sood at Mayo Clinic, SMART is offered as a four-module structured program. SMART has been tested and found efficacious in over 30 clinical trials for decreasing symptoms of stress, anxiety, and burnout, and increasing resilience, wellbeing, mindfulness, happiness, and positive health behaviors.

Jennifer Baran-Prall, LCSW

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Click HERE to Register

South Southwest (HHS Region 6)
MHTTC
Mental Health Technology Transfer Center Network
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