# Stress Management and Resiliency Training

**July 23, 2024** *8:30am-12:30pm CT*

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*

*Natalie Fikac, Ed.D.*

CEUs Available

**Click HERE to Register**

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