Alvarado
Consulting & Treatment Group

From Chaos to Calm:

Stress Management and Reducing Secondary Trauma Impact

This educational, inspirational and motivational gathering is created with a sole purpose of helping the helpers to feel better! This is a space that is intended to offer some enjoyable time, relaxing time, connecting time and a bit of learning some cool stuff time too!

- ✓ Offering those who serve others a safe space to rest, rejuvenate and slow down
- ✓ What is Secondary Trauma? How do I know if I am impacted?
- ✓ Learning to practice Emotional Regulation on the path to Peace
- ✓ Simple, quick and effective strategies for stress management that you can use anywhere/any time
- ✓ Guided, calming meditations to reduce stress

Those who participate fully in this full day with Jules, will *Feel Better* and, be able to:

- ✓ Practice brief, daily exercises to calm their nervous system
- ✓ Define ***and*** mitigate secondary trauma and burnout
- ✓ Understand how the global pandemic of Covid-19 impacts this
- ✓ Identify how their work can impact them physically, emotionally and spiritually at home and in the office
- ✓ Identify the importance of active coping practices and how to incorporate them into their daily lives