

HEALTH PROFESSIONAL TRAINING

The Restless Mind: Finding Peace and Support in a Busy World

Date: Friday July 12, 2019

Time: 12:00 - 1:30 PM

Registration Link: https://zoom.us/webinar/register/WN_28fF3vYvTL-Wun_o4ztJ0g

Worry and distress are feelings that many people feel occasionally when faced with potential harm. Many different ways exist to gain more ease, improve anxious feelings and/or even prevent anxiety.

Learning Objectives:

- Review the definitions of anxiety, stress, and trauma.
- Examine the symptoms of anxiety including the impact of anxiety on health and the factors that can affect stress.
- Identify assessment and screening tools for anxiety with linking referral resources for support and treatment
- Evaluate the importance of self-care and how to use self-care tips to mediate stress.

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Guest Speaker: Mestisa C. Gass, PsyD

Program Director of Mental Health America of Hawai'i

This training is approved for 1.5 CE CSAC hrs, 1.5 hrs with the National Association of Social Workers - Hawai'i Chapter, 1.5 hrs for CHES/MCHES, 1.5 CPEUs for RD/RDN/DTR and/or 1.5 CNEs for Nurses. Continuing Nursing Education Information: 1.5 Contact Hours. The University of Arizona Continuing Nursing Education is an approved provider of continuing nursing education by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

For more information, contact
Stephanie Moir
publichealthhui@hiphi.org
(808) 591-6508 ext 9, then 4

