

Joint meet on

3rd WORLD CONGRESS ON EPILEPSY AND BRAIN DISORDERS
16th ANNUAL CONFERENCE ON DEMENTIA AND ALZHEIMERS DISEASE
&
2nd INTERNATIONAL CONFERENCE ON STRESS MANAGEMENT
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Mindful approach to stress resilience

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United Kingdom

How often have you felt angry about something, only to snap at a loved one or colleague because you have not resolved the original issue? Are you struggling with stress daily, and it's keeping you awake at night especially financial and relationship issues? Her book 'Fear Less, Live More', Andrea A Smith discusses how anxiety and stress are part of everyday life. When you become aware of the detrimental impact anxiety and stress has on your mental and physical health, the first step to change is the desire to do so. Opening your mind to change will allow you to seek new strategies so that you can regain control of your life and improve your levels of happiness. It is possible to turn negative states into positive ones. Once you accept that you CAN do this, you will begin a chain reaction to set down new ways of thinking, talking and behaving, regaining control of your life once more. Her Book is filled with her story, case studies and simple stories, tools and techniques that you can use when feeling stressed, overwhelmed and guilty. Grab a notebook and pen, take-action and be guided by Andrea's Learning Alerts that provide a practical solution to your stress and anxiety. In this workshop, her mission is to share tried and tested simple and easy to use techniques so you can bounceback from everyday life and business challenges. She has been there and got the t-shirt a number of times, this experience is enhanced with medical and psychological expertise giving her clients and people around the peace of mind they desire.

Biography

Andrea A Smith is a qualified Stress Resilience Coach, Author and Speaker. A Registered Nurse, with a Masters in Psychology, a Clinical Hypnosis Degree, and is qualified in Systemic Coaching, Cognitive Behaviour Therapy, Master Practitioner in Neuro-Linguistic (NLP), Emotional Freedom Technique (EFT) and Mindfulness.

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