



STRESS-PROOF YOUR HEART: **Forget about balance and get CLARITY and a PLAN!**

We can't get rid of all stress, and we wouldn't want to even if we could. Our bodies' natural reaction to stress is what gives us a boost to get the job done, but too much stress decreases brain function, critical thinking and even worse... can cause problems for the heart.

Stress-Proof Your Heart uncovers the real causes of stress (hint: the answer might surprise you) and provides real-world, immediately implementable strategies to protect your heart.

Recognizing stress as an essential and often under-addressed risk factor, Wellness expert Eliz Greene conducted a research study on job stress. She will reveal insights into your organization using the results of the survey. Through stories from a wide variety of leaders and employees interviewed during her study and her own experience surviving a heart attack while seven-months pregnant with twins, Eliz debunks work-life balance and provides a plan to protect your health, productivity, and sanity under stress. She uses humor and engaging activities to show it's time to:

- **Pinpoint** how stress jeopardizes heart health.
- **Explore** the major causes of stress based on the results of the Job Stress Survey.
- **Determine** your stress recovery personality type (border collie or iguana).
- **Understand** how to reduce cortisol levels and protect heart health.

25 - 60 minute keynote or virtual presentation (can be combined with other programs for a full day seminar)

Perfect for:

Employee Wellness Program
Heart Month Event
Community Wellness Event

Interactive participation may include:

- Human pie charts
- Post-it exercise
- Stress reduction style quiz
- Dancing if appropriate