

## **Active Recovery for Unavoidable Stress: High-Performance Under Pressure**

The hectic pace, chronic high stress, uncertainty, and unavoidable negative influences can threaten productivity and creativity - AND suck the fun out of even the most enjoyable professions. This program, created specifically for high-performance teams in high-pressure occupations as part of Eliz Greene's work with NASA, encourages active stress recovery similar to active physical recovery used by high-performance athletes.



Based on her book *Stress-Proof Your Life* and research on job stress, professional speaker Eliz Greene shares insights and strategies to limit the impact of stress to improve performance and quality of life.

### **It includes 5 essential skills to:**

- Notice and address symptoms of high stress
- Decompress from pressure and stress you can't avoid
- Signal your body to release cortisol to protect your health, performance, and quality of life
- Change the focus from problem-solving to achievement
- Find the motivation to make a change