

# The NJEA and HHEA presents Managing Daily Stress: Parent Session

A prominent school psychologist discusses the roots of stress, how stress impedes the brain from functioning at optimum capacity, and how stress affects us physically.

The workshop also discusses effective coping mechanisms, and on-the-spot techniques to soothe/calm the individual. The objective is to leave the session with new/renewed positive energy.

**Tuesday, May 18, 2021 at 7 PM (new date)**

[Click here for the link to register:](#)

