



## *Managing Stress*

*Physical Activities (Sports)*

*Present Moment Awareness*

*Leading Balanced Life*

*Conflict Resolution Skills*

*Journaling (Diary)*

*Meditation*

*Time Management*

# Stress Management in Turbulent Times



**Wednesdays at 10  
a.m. via Zoom**

A group addressing healthy and proven ways to reduce stress within one's life. In today's challenging times, it is essential to utilize coping strategies to help combat high levels of anxiety, tension and conflict.

Meeting ID: 350 633 700

<https://zoom.us/j/350633700>

For questions about the program, contact Steve Rossetti at (760) 323-2118 ext 575 or [srossetti@daphealth.org](mailto:srossetti@daphealth.org)