

## Well-Being Series

# The Connection Between Stress and Our Nervous System: Tips and Tools

**Date:** Friday, April 5, 2024

**Time:** 12–1 pm (Eastern Time)



In this session, we will review the physiological relationship between stress and the nervous system, including the role of the sympathetic and parasympathetic response. We will discuss common stressors and their impact on the nervous system's functioning, the body's "fight or flight" response, and its implications for overall well-being. Practical techniques and tools to help regulate your nervous system's response to stress as well as promote relaxation, resilience, and improved coping mechanisms will also be shared.



### Featured Speaker: Carmen Alvarez, MHA

Carmen is a well-being teacher and coach. As a certified workforce mindfulness facilitator, she integrates mindfulness and well-being to provide a comprehensive and integrated wellness approach. Carmen is also a Certified Reiki Master and has served as a Reiki Therapist at Mass General Hospital and Brigham and Women's Hospital in Boston since 2018.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/88568404122>
- Please submit questions you may have about the topic before the program to: [PFLC@partners.org](mailto:PFLC@partners.org) so that the speaker may address them during the session.

For more information, call 617-724-7352 or email [PFLC@partners.org](mailto:PFLC@partners.org)



### Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

