

Stress Management Training



Mindfulness for First Responders: *Combatting Burnout, Building Resiliency*

What Is Mindfulness, Really?

- Brain training for increased focus and clarity.
- Optimizing self-awareness especially in crisis situations.

First Responders will benefit from this training by learning:

- Physical and psychological effects of stress and how mindfulness skills can mitigate the chronic stress experienced by first responders.
- Practical techniques and tools for de-stressing the body and mind.

Date: June 21, 2022

Time: 2:00pm – 3:00pm

Location: Brevard County Government Commission Chambers
2725 Judge Fran Jamieson Way
Viera, FL 32940

Hosted by:



Mindful Way
Solutions

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