

What did you learn about “stress”?



Two statements ;

1. There are different types

2. There are ways to cope/relieve our stress



Please evaluate your “stress management” workshop

What a pleasure to have had the opportunity to have been part of Dr. Torbati workshops. I leave uplifted!

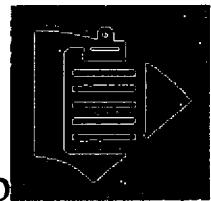
“Everyone has their burden. What counts is how we carry it.”

What did you learn about "stress"?



Two statements ;

1. With practice ~~exercise~~ I can control how I handle stress - movement, breathing, focus
2. Stress is a part of life and it is different for everyone. I need to remember this with my student.



Please evaluate your "stress management" workshop

Awesome! There is so much I want to use in my class. I'm really going to try to get my kids ready.

"Everyone has their burden. What counts is how we carry it."

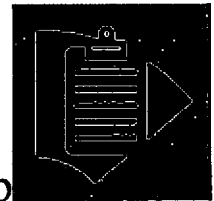
What did you learn about “stress”?



Two statements ;

1. Stress makes you dumb

2. Mindfulness can help you de-stress,
gain control and focus. Also...
eat less and appreciate your food 😊



Please evaluate your “stress management” workshop

I am so thankful to have found you and
your workshops. It's done in a format
that is fun, interesting and useful.

“Everyone has their burden. What counts is how we carry it.”

What did you learn about “stress”?



Two statements ;

1. Brain cells can not grow when you are stressed.
2. Exercise and medication can help to reduce stress.



Please evaluate your “stress management” workshop

This class helped me to recognize the stress my students may be experiencing. It helped me to understand the importance of teaching students mindfulness and meditation. Great workshop!

“Everyone has their burden. What counts is how we carry it.”

What did you learn about "stress"?

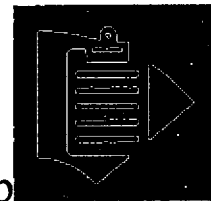


That stress can harm my health
and lead to depression and
diseases

Two statements ;

1. Stress is harmful

2. Type A personalities have more stress
and die earlier



Please evaluate your "stress management" workshop

10/10

Always engaging

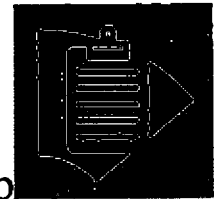
"Everyone has their burden. What counts is how we carry it."

What did you learn about “stress”?



Two statements ;

1. Stress causes high blood pressure and many other health problems.
2. Meditation reduces stress and can be done with your students,



Please evaluate your “stress management” workshop

I always learn something new. I'm going to practice the deep breathing with my students.

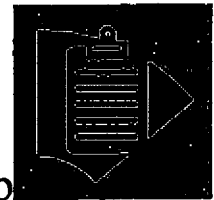
“Everyone has their burden. What counts is how we carry it.”

What did you learn about “stress”?



Two statements ;

1. Stress can cause brain to shut off and can even be a factor of Dementia
2. I am shocked that 42% of people take a stress day from work.



Please evaluate your “stress management” workshop

I thought the class was phenomenal. I will use the strategies I learned in class to relieve the stress in the classroom and on the children.

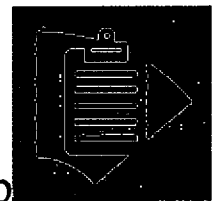
“Everyone has their burden. What counts is how we carry it.”

What did you learn about “stress”?



Two statements ;

1. We ~~st~~ thrive through social interaction.
2. Stress is a physical, mental, or emotional adjustment or response



Please evaluate your “stress management” workshop

Great class, great resources!
Thanks so much!

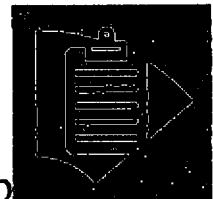
“Everyone has their burden. What counts is how we carry it.”

What did you learn about “stress”?



Two statements ;

1. Stress makes you stupid
2. Walking expands your brain



Please evaluate your “stress management” workshop

I've been to like 10 of your classes over the years. This is the best yet!
At

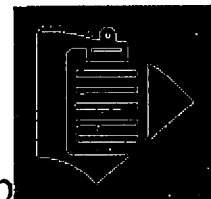
“Everyone has their burden. What counts is how we carry it.”

What did you learn about "stress"?



Two statements ;

1. Stress is your body's response to an unfamiliar or ~~challenging~~ challenging situation.
2. Chronic stress leads to six major causes of death!
 - but stress can be managed:
 - breath
 - be grateful
 - be mindful
 - laugh..
 - move, exercise.



Please evaluate your "stress management" workshop

A large variety of information - media, articles, lists + opportunities to interact with group as well as class as whole.

Professor Torbati has energy to spare!

A great experience.

"Everyone has their burden. What counts is how we carry it."