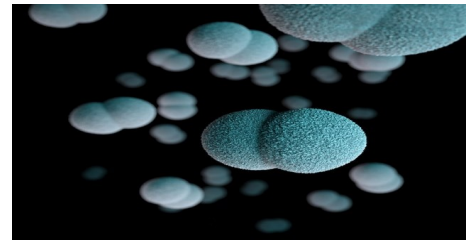


Stress, COVID, & Mental Wellness



DESCRIPTION

The Covid pandemic has had a major effect on our lives. These challenges we are facing can increase our stress levels resulting in an increase in anxiety. We need to social distance according to Public Health recommendations which make us feel isolated and alone. Let's talk about how this stress has caused some of the following in our lives—fear, frustrations, worry, anger, sadness, increase usage of tobacco, alcohol, and other substances. We will talk about healthy ways to cope with stress by taking care of our physical bodies, our mental health and helping others including our children.

OBJECTIVES

Upon completion of this program, the participant should be able to:

1. Identify ways stress can manifest in our lives and bodies that we may not be aware of.
2. Discuss healthy ways to cope with stress by taking care of our bodies physically.
3. Recognize ways to deal with stress mentally and emotionally.
4. List strategies to help others cope during the pandemic including our children.

TARGET AUDIENCE

Advanced Practice Nurses, Counselors/Therapists, Nurses, Social Workers, and any other interested healthcare professional.

FEE

Free to all Participants

CREDIT

AHEC: This program is approved for 0.1 CEU's (1.0 clock hour) by Pee Dee AHEC and meets SC AHEC Best Practice Standards.

Counselors and Therapists: This program is approved for 1.0 hour of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

Nursing: Pee Dee Area Health Education Center is an approved provider of continuing nursing education by the South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This nursing continuing education awards 1.0 contact hour upon successful completion.

CE approval refers only to CE activities and does not imply SCNA or Pee Dee AHEC endorsement of any commercial product.

Social Workers: Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 1.0 hour of non-social work credit.

Successful completion of the program requires attendance for 90 percent of the program and a completed online evaluation by the participant within 10 calendar days of the program date. A certificate of completion will not be made available to you if the evaluation is not completed within this timeframe. No partial credit available.

INSTRUCTOR

Jean Ann Lambert, MRC, MHP
Mental Health America of SC
Community Resource Director

Jean Ann has a Bachelor degree in Therapeutic Recreation with a minor in Psychology. Jean Ann attended USC School of Medicine in Columbia to obtain a Master's degree in Rehabilitation Counseling with a Certificate in Psychiatric Studies. She has been working for MHASC for 13 years and has over 35 years experience in the mental health field. Jean Ann is married with 3 children.



Wednesday, March 10, 2021

9:45 pm - 10:00 pm Sign-In
10:00 am - 11:00 am Webinar

Webinar via WebEx

To Register, scan the QR Code below
or use the following link:

<https://www.scahec.net/learn/RCORP>



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