

B1 SELF-CARE FOR STRESS-FILLED TIMES

Learn the physiology of the stress and relaxation response and its impact on your health. Explore a variety of techniques to prevent and release stress, including breath work, imagery, meditation, and movement. Discover mind body skills you can teach your family. Create a personal action plan to build resiliency into your life.



Trainer: Kristi Cooper

Kristi Cooper holds a BS in Family Environment Family Services from Iowa State University and a MS in Adult and Extension Education also from Iowa State University. Kristi has worked with Iowa State Extension since 1981 and has been in her current position, Family Life Specialist, since 1996. In her position at Iowa State University

Extension, Kristi provides a variety of education in the areas of sustainable living, aging and caregiving, parenting, child development and self-care and stress management to 29 Eastern Iowa counties. She is actively involved in numerous leadership positions in her community and has received many ISU achievement awards for her work in strengthening families and their communities.