

FoCuS Sustainable Living Series
Sustainable Seminars



Foothill Cooperative for Sustainability
www.foohillsustainability.org



Health, Stress and Your Lifestyle

Presented by John Adams, Ph.D.

**Ironstone Vineyards
1894 6 Mile Road
Murphys, 95247
Thursday, March 25, 2010
9:00 A.M.- 4:00 P.M.**

Stress is a normal part of life. It is necessary, in small amounts, for good health and effective functioning. It only becomes a problem when there is too much of it (or too little). Come and learn what stress really is, how to recognize when it is becoming a problem, and a variety of practical things you can do about it.

You will learn the basics of how stress functions in easy to understand terms. Following the course you will be able to instantly recognize excessive stress levels in yourself and also in others. A wide range of practical actions will be presented to help you avoid the avoidable, cope better with the unavoidable, and also to build up your internal capacity to remain healthy and productive during periods of high pressure.

The course will provide practical ideas for how to reduce excessive stress and optimize your life style in five specific areas: 1) self management (healthy eating, good exercise, several different relaxation techniques), 2) dealing with changes in your life, 3) changing your ineffective habits, 4) optimizing your performance, and 5) focusing your life purpose.

At the end of the seminar, you will create a personalized action plan that creates lists of things you want to start doing and things you want to stop doing to protect and build your health and to handle stressful situations more effectively. After prioritizing these possibilities, you'll decide which "improvement project" to take on first and develop the specific steps you'll take to be successful.

There is a charge for each of the Sustainable Seminar classes, to cover the costs associated with the programs and to fund future FoCuS program activities

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Objectives:

1. Develop an understanding of what stress is and how it affects people.
2. Improved understanding of how to cope with the speed and pressures of a busy life.
3. Identify and implement practical steps for improved health and stress management, both at home and on the job.

Presenter:

John Adams, Ph.D., founder of Earthheart Enterprises, was among the first professionals to work with the challenges of excessive stress. He developed the first comprehensive program for addressing workplace stress and health in 1975, and has been growing the program ever since. Dr. Adams has delivered this program across North America and in South America, Europe and Asia. This is the first time John has offered the program in the local community. He lives in the Arnold area and serves as Director of Education for the Foothill Collaborative for Sustainability (FoCuS). John has spoken and published widely on health & stress, successful change, collaborative relationships, and sustainability.

Cost & Registration:

\$60 (includes comprehensive workbook, coffee breaks and lunch)
Maximum Number of participants: 40; Minimum: 15

To get more information or to register, contact John Adams, jadams2212@comcast.net or 795 6672, or go to www.foothillsustainability.org/events.html to register on line with a credit card.

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