Stress and resilience: How to thrive when faced with multiple stressors

Statement of the Problem: Stress can impact many different aspects of an individual’s life and can lead to serious health problems if left untreated or unaddressed. Stress also impacts individuals differently even if faced with the same stressor. Many individuals do not know how to deal with stress until it is too late. It is important to learn how to identify the stressors, ways to work through the stress, bounce back, and to thrive from the stress. We will discuss five steps to transform stress and how to respond to the stress across the six dimensions of wellness (physical, emotional, social, occupational, intellectual, and spiritual).

Biography
Nicole Betschman has completed her Doctorate in Health Education at A.T. Still University. She is currently a Professor with the American College of Healthcare Sciences and has been teaching at the college level for over 10 years. She has been awarded the Distinguished Teaching Award from the American College of Healthcare Sciences and was honored as one of the Top 40 under 40 Leaders from East Carolina University.

nicolebetschman@achs.edu