Conference: Stress Management

# Duration: 2 full days

# Inscription

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **\*** |  | | | | | |
|  | (Last Name - **Rich Text** - Style: Title 1) | | | | | |
| **\*** |  | | | | | |
|  | (First Name - **Plain Text**) | | | | | |
| **\*** | Sex: | Wife | | | Man | |
|  | (Checkbox) | | | | | |
| **\*** | Your availability: | |  | | | |
|  | (Date - choose : d MMMM yyyy) | | | | | |
| **\*** | Your age group: | |  | | | |
|  | (Non-editable list: 15-30 years old – 31-45 years old – 46-60 years old – 61 years old and over)) | | | | | |
| **\*** | Method of payment for the conference: | | | | |  |
|  | (editable list: Visa – Cash – Interac) | | | | | |
|  | Means of transport: | | |  | | |
|  | Insert a checkbox and edit (yes-no) Example: Bus, Car, Airplane) In the symbols | | | | | |

## List some reasons why you would like to attend this conference:

(Repetitive Content Control – or insert a bullet and use Rich Text Control)

## An image of you right now, how are you feeling?

**Save-as: Model** – create a Building Block using the images below – See document on page 32-33 if needed

How to prevent stress?

A healthy lifestyle can greatly reduce stress and anxiety to a tolerable level. Some of the elements of a healthy lifestyle include:

## Check off the areas for improvement. (Checkbox and change the color and size)

A good balance between work, rest, and leisure

Low caffeine, alcohol, or nicotine intake

A good diet

Regular exercise

## Insert a recent photo (Image Control, reduce size as needed)

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| **https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcRMF2bbGmCmMOF6tvGTKf3o-fFSkfV2AuufCbh6BSbDnIe07XjI Sick** | **https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcSsViSjqhmkJwC-FzZV5fNnqg2J0vOv8H6uqwLCMz8R6jwhAf7J Happy** | **https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcT1hl976boCwHuG1wGFF5VxgqzdO2M5yX5ZuFAhU7Xx1U_ITUdj_g Surprised** |
| **https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcTS5wwWNaaHvtdFIm2euY4L33Mo13bd2kS4a5hnEUD11_NwEEY3TX0HwxkQ Sad** | **https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcSQWZDIp-52z1CLmzCbxAjJTEI_c82ZpyZKP_hiTR_g47Y1Eyok Exhausted** | https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcTIyFRS-i5YStu4nsf_d5TxWDtBelkHCqiKhQxvHCdBA5IK1VWU **In love** |