



Recognizing & Coping with Stressful Triggers

Date: May 20, 2025 | **Time:** 12pm – 1pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/4930282/0229FBAC895B3ADC139DD06CD7273FB7>

Registration is now available and will remain open through the end of the event. **If you cannot attend the live session, please still register** so you will have access to the recording.

For support, [click here](#).

About this webinar: Increase awareness of your personal stress triggers and learn simple tips to deal with them for a more balanced life.

For questions, contact: Jan Tortarella jan.tortarella@nih.gov

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