

STRENGTH IN STRESS MANAGEMENT

EXPERT ADVICE ON MANAGING YOUR STRESS EFFECTIVELY



Find Out Why “Stressed is Desserts Spelled Backwards”

Stress is all about perception. It’s a perceived threat—real or imagined—to our mind, body, spirit and emotions. Sometimes, all we need is a little perspective. Find yours by looking for inspiration in the stories and people around you.

Kutztown University is pleased to offer our staff the chance to view “Stressed is Desserts Spelled Backwards” with award-winning author, photographer, teacher, celebrated film director/producer and inspirational speaker, Dr. Brian Luke Seaward.

In this video presentation, Dr. Seaward explains the importance of the “Muscles of the Soul,” and how creating a personal roadmap is the ideal way to achieve balance and manage stress. He presents ways to lighten your load by finding humor in the little things.

All staff members are invited to participate in this 45-minute presentation by watching the video on the **Kutztown University YouTube page, starting January 21, 2014**. You can watch the video from **January 21, 2014 through May 30, 2014**.

Register for the presentation. Registration ends on **Friday, December 13, 2013**.

“Stressed is Desserts Spelled Backwards” will count as **25 points towards the Wellness Rewards** program as a stress management program. You must register to get credit for participating.



About the Speaker

Dr. Brian Luke Seaward

Dr. Brian Luke Seaward is an award-winning author, photographer, teacher, celebrated film director/producer and inspirational speaker.

He is a renowned and respected international expert in the fields of stress management, mind-body-spirit healing and health promotion. His mission, as expressed through his legacy of acclaimed books and public appearances, is to make this a better world in which to live by having each of us reach our highest potential.

WATCH VIDEO