

# Free Coping with Stress and Depression Webinar

for Adults, Family Caregivers, and H.R. Executives

Presented by Mitch Abblett, PhD

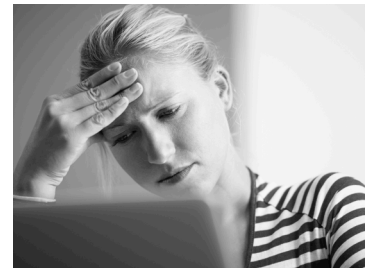
Tuesday, October 29, 7-8 p.m. EDT (4 p.m. PDT)

*Learn how to effectively recognize and address signs of stress and depression in your colleagues, friends, and family*

## Why are stress and depression important issues?

Many things in our lives cause us stress, affecting our overall health and quality of life, but how much stress is too much? What are the best ways to reduce stress? How do you know when your stress is a sign of something more?

Learn to help yourself and others by attending our Coping with Stress and Depression Webinar.



## What is the Coping with Stress and Depression Webinar?



Mitch Abblett, PhD

In this one-hour webinar, we will address...

- What is stress
- What are ways to reduce stress (such as lifestyle changes, reframing, positive inventory, mindfulness-based stress reduction, etc.)
- How to differentiate stress from more serious conditions, especially anxiety and depression
- What to do if you or someone you know is suffering from depression
- What resources are available to you and your family

Complete the evaluation form and receive a [free Coping with Stress brochure!](#)

**Register for the free  
Coping with Stress and Depression webinar at  
[www.familyaware.org/trainings](http://www.familyaware.org/trainings)**

*Informational podcasts, family stories, and other resources are always available at [www.familyaware.org](http://www.familyaware.org).*

Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depressive disorders to get people well and prevent suicides.

395 Totten Pond Road, Suite 404, Waltham, MA 02451 \* 781-890-0220 \* [info@familyaware.org](mailto:info@familyaware.org)