

# DISRUPTIVE TRANQUILITY

**Length:** 1 hour - 15 minutes

**Media:** Online

**Who should attend:** The Stressed

## Description

Too much stress disrupts one's sense of calm, peacefulness, and safety. Catastrophic events happen, and when they do, it is essential to get to a mental and emotionally tranquil place. To move past the strain of stress, one must strategically disrupt typical reactions to create conditions that bring peace and well-being.

## Learning objectives

This learning module will explore three approaches for dealing with stress and anxiety. Participants will learn how to:

- Get back to calm
- Disrupt emotional anxiety
- Resolve grief

To learn more about this and other e-learning courses,  
please email: [Admin@DrBurrs.com](mailto:Admin@DrBurrs.com)

  
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