## The Habits of Stress-Resilient People

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<tr>
<th>City/State</th>
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<td>TERRE HAUTE, IN</td>
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### Pre-Registration
- $79 Individual Rate
- $74 Group Rate (3 or More Persons Registering Together)

### Ways To Register
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-9222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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Signature
Understanding Stress Resilience

- Stress-Resilient Mindset: viewing stressors as challenges rather than as threats by turning off the adrenergic “fight-or-flight” response and the cortisol “worry” response.
- Stress-Resilient Brain: protecting the brain and body from toxic effects of stress and cortisol, preventing confusion, anxiety and mood swings and the prefrontal cortex.
- Stress-Resilient Body: preventing immune suppression, chronic inflammation, and metabolic syndrome.

Habits that Control Cravings

- Comforting Cravings: comfort foods, alcohol, nicotine and illicit substances all involve dopamine, reward expectation, and the habit brain.
- Stress-Related Appetite: caloric-dense comfort foods reduce stress by temporarily lowering cortisol; developing the habit of reward substitution.
- Rethink and Restrain: teaching the habit brain to delay immediate gratification by engaging the slower wisdom of the prefrontal cortex.

Habits that Reduce Fear and Anxiety

- Fearful Brain, Anxious Brain: traumatic events are stored as emotional memories in the amygdala, part of the habit brain; anxiety-evoking events are organized in frontal and limbic areas and have to do with how we imagine the future.
- Curing Fear-Based Habits: confronting rather than avoiding fear-related situations; why exposure-based therapy is highly successful; how resilient people cope with trauma and PTSD.
- Overcoming Anxiety-Based Habits: overcoming the habit of what if thinking by analyzing what is and reframing thoughts to calm the overactive brain.

Habits that Elevate Mood

- Depressioin-Resistant Mindset: how mood can be elevated by relaxation, restorative sleep, and the right dose of caloric-dense comfort foods reduce stress.
- Depressioin-Resistant Brain: protecting the brain and body from toxic effects of stress and cortisol, preventing confusion, anxiety and mood swings and the prefrontal cortex.
- Depressioin-Resistant Body: preventing immune suppression, chronic inflammation, and metabolic syndrome.

Practicing Positive Psychology and Mindfulness

- Happy Brain, Healthy Brain: happiness is more than the absence of stress, anxiety, or sadness; happiness involves activation of brain systems that increase satisfaction and enhance meaning.
- Practicing Positive Psychology — What Happy People Do: it is not the motivation to become happier but the practice of happiness-enhancing experiences that lead to meaningful change.
- Choosing To Be Happy Instead of Being Right: keys to maintaining close relationships.
- The Healing Power of Accepting What is Unlikely To Change: accepting limitations in others and self; overcoming the pathology of perfectionism.
- Humor and Laughter: practicing the stress-reducing power of humor to make difficult situations more enjoyable.
- Mental Detox: calving the mind by attending to the present witnessing our thoughts without judging them.
- Mindful Listening: helping people feel truly heard to reduce anger, anxiety, and resolve conflicts in close relationships.
- Keys to Developing Sustainable Stress-Resilient Habits: step-by-step guidelines for practicing stress-resilient habits; viewing stressors as positive challenges with optimism, gratitude and commitment.

ABOUT THE INSTRUCTOR

Brian E. King, Ph.D. (Bowling Green State University) is an expert in Applied Biopsychology and has conducted research concerning social and biological factors that affect stress, positive emotions, thoughts and habits. His acclaimed instruction integrates cognitive neuroscience and psychology to attain and maintain stress-resilient habits.

An outstanding and entertaining speaker, Dr. King also performs as a stand-up comedian. Health professionals praise his practical strategies for building happiness-enhancing habits and use of innovative teaching methods. In this presentation, film clips and comedic dialogue will be used to depict how to acquire and automate happiness-related skills.

Audiences applaud his insightful and practical presentations and enjoy his sense of humor. In addition to Q & A sessions in class, Dr. King will answer your questions during the second half of the lunch break and by email after the program concludes.