



Less Stress, More Living (In-person or virtual presentation)

There are stressors unique to living with a bleeding disorder. This session will focus on various proven techniques to manage anxiety and improve coping skills.

What will I learn in this presentation?

- The impact of stressors on physical and mental health
- A breakthrough approach to overcoming anxious thoughts
- Evidence-based techniques to reduce stress and increase peace
- **BONUS!** Mental Health Resource Guide for the Bleeding Disorders Community

Why is this presentation important to this community?

Scientific research has proven what the bleeding disorders community has known for years. The unique stressors that come with a chronic condition can contribute to developing a mental health condition such as depression and anxiety. This session helps people identify when they are struggling emotionally and teaches simple techniques to reduce stress and restore balance.

How do I get more information on bringing this session to my organization?

This course is being offered to NHF/HFA chapters, hemophilia treatment centers and national organizations dedicated to the bleeding disorders community.

If you are interested in booking this presentation, please contact Mental Health Matters Too at debbie@mhmttoo.com or 832-689-9434.