



Surviving Brain To Thriving Brain (Virtual or In-Person)

This session is designed to increase the understanding of how our emotional well-being can be negatively impacted by two types of stressors. There are intense stressors such as a pandemic and chronic stressors such as navigating a life with a bleeding disorder. This presentation takes a deep dive into the inner workings of your brain when stressed and how to use that knowledge to your advantage.

What will I learn in this presentation?

- The neuroscience and psychology of intense and chronic stress
- Common coping patterns and how they can create and maintain havoc
- Concepts and 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?

Life with a bleeding disorder can be challenging in and of itself. However, when prolonged anxiety goes untreated or when a life event gets thrown into the mix, a person's mental health can be negatively impacted. This interactive presentation contains helpful knowledge on dealing with adversity in an environment of community support.

How do I get more information on bringing this session to my organization? This course is being offered to the National Bleeding Disorder Foundation and Hemophilia Federation of America 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@mhmtoo.com or call 832-689-9434.