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Mindfulness vs. Stress

... a discussion and practice with tools to reduce anxiety and stress, along with

...mindfulness techniques and introductions to the Heart Coherence Procedure and EFT (Emotional Freedom Techniques)

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The greatest weapon against stress is our ability to choose one thought over another.
- William James

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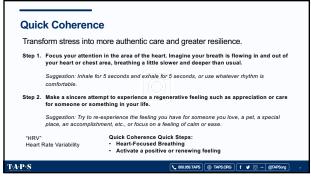
l've experienced so many terrible things in my life and some of them actually happened!
- Mark Twain

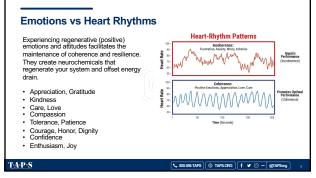
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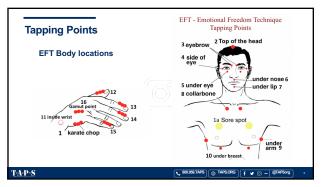
- Mark Twain











You can lead a horse to water, but you can't make it drink...

however, you can feed it salted peanuts!

Stay thirsty my friends

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About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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Upcoming TAPS Institute Programs	
February 23	Understanding the Federal Long Term Care Insurance Program
	Live Webinar, Noon-1:00 p.m. ET Hunt Kerrigan, Colonel (Ret), Leader, New Hampshire Military Coaching Alliance and Lisa J. Roussel, CLTC, LTCP, Account Manager, FedPoint
March 16	Coping with Grief and Guilt Live Webinar, Noon-1:00 p.m. ET David Feldman, PhD, Professor of Counseling Psychology Santa Clara University
Visit	taps.org/institute to learn more and RSVP!
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