

FREE EDUCATIONAL EVENT

The Hearst Cancer Resource Center is pleased to present

Understanding and Coping with Stress

During and After Cancer



Tuesday, January 11, 2022

5:30 p.m.

This is a Virtual/Zoom group activity

Reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@dignityhealth.org

Stress is an inevitable part of our existence, but when it becomes chronic, it plays a key role in our overall physical and psychological health. Chronic stress can cause physiological changes that can cause health problems.

Long-term, unrelenting, unpleasant emotions—such as stress—suppresses or depresses the immune system which is the body's first line of defense against illness and disease. Our immune systems can become severely compromised by the effects of chronic stress by virtue of the many ways our chemistry is changed. How do we prevent stress from contributing to ill health?

Thing One: Practice wellness and preventative medicine by good DIET, regular EXERCISE, and REST/ RELAXATION

Thing Two: Learn to eliminate, modify, and/ or manage stress. This involves boundaries, improving problem-solving skills, and relaxation techniques

Thing Three: Choose how you view your stressors: remember to be grateful for what you do have and not regretful about what you don't have

Join us online with Dr. Pezzato to learn important tips and useful tools on how to successfully manage stress during and after cancer. Question and answer session to follow.



Dennis Pezzato, PhD
Behavioral Specialist

■ Dr. Pezzato has an undergraduate degree in Sociology, and he holds a Masters degree and PhD in Psychology. A popular speaker, he works in the fields of Caregiver Education and Support, Dementia Education and Support, Stress Education, Aging, Life Skills and Personal Relationships.

This program is made possible through the support of the Martin Hulburd Family Cancer Education Fund and offered free, as a community service.



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