

# *Stress Management: Tools for the Busy Clinician*

presented by

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**Learning Objectives:** *As a result of participating in this Live Activity, participants should be able to:*

- 1 Identify your own source of stress in the workplace*
- 2 Describe tools that can be used deliberately to decrease stress*
- 3 Develop a plan to apply a new tool to your own stressor*

**Accreditation Statement:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Designation Statement:** Hartford Healthcare designates this Live Activity for 1.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with their participation.

**Financial Disclosures:**

- Lyuba Konopasek, MD: Nothing to disclose - 12/14/2022
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