



# EMILY CAPURIA

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THERAPIST, COACH, AUTHOR & SPEAKER

## SELF-CARE: HOW TO MANAGE STRESS & WELL-BEING

Most American adults report some level of stress with over 70% of those reporting mental and/or physical health symptoms in response to the stress they're facing. Global and national concerns, juggling demanding professional and personal lives, and the always plugged-in and on-the-go nature of modern-day life can all be factors.

With so much of what's causing stress out of our control, how can we manage it?

During this presentation, Emily teaches the audience an integrated lifestyle approach to managing stress and improving one's overall well-being using self-care. The audience learns how to set a positive intention to focus their days, a framework to update daily routines, and how to identify their daily difference makers using the 7 basics of self-care.

Changing how you show up for yourself ignites a spark that changes your life and positively impacts your work and the circle around you.

### Objectives

1. Understand the hidden symptoms of stress and the corresponding impact on one's happiness and well-being.
2. Identify the core desired experience that will support you in being your best self.
3. Learn a framework to manage yourself better so you're a better teacher, leader, and team member—positively impacting the circle around you.
4. Use the 7 basics of self-care to identify your daily difference makers which support your happiness, well-being, and consistent alignment with your best self.

### testimonial...

"Emily's talk on self-care was exactly what we needed. She was relatable and engaging as she provided us with a much-needed framework to manage our stress, our well-being, and ourselves. She showed us that self-care can fit into a working person's schedule and she gave us tools to get started doing exactly that. I received so many messages of thanks from my colleagues for bringing Emily in to speak and I look forward to bringing her back."

Dr. Gilbert Singletary, South University

### about...

Emily is a therapist, life & health coach, author, and speaker who specializes in working with health & wellness professionals, educators, and nonprofit leaders to achieve that change. She is passionate about using an integrated approach and sharing practical tools that are easy to implement so the audience walks away with strategies in hand.

Emily is the author of *Happiness Happens* and the founder of *Balance & Thrive*. She has a BA in Psychology from the University of Kentucky, an MSW from Cleveland State University, and over 15 years of professional experience.

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