

TEACHERS DELIGHT

Name of Submitter: Marvis Henderson

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Presentation Title: *Stress Less, Live More*

Stress, if not managed, can create havoc in your life. What is a small step to take to relieve stress? In this interactive workshop, participants will create a devotional practice to stress less and live more. They will review their busy schedules and carve out 15 minutes to one hour to establish a sustainable devotional practice that includes affirmations, intentionality, hydration, breathwork and gratitude. The session will give them tips for creating a practice tailored to their individual needs and encouragement to practice for 21 days to help form a habit.

Presentation Target:

K-12

Presenter(s):

1. Marvis Henderson, CEO, M. E. Henderson, Inc.