

# STRESS, RESILIENCE, & HAPPINESS

## A BIOMED SEMINAR FOR NURSES: 6 CONTACT HOURS

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

### PROGRAM / LECTURE

#### Registration: 7:45 AM – 8:30 AM

#### Morning Lecture: 8:30 AM – 10:00 AM

- **Perception, Thinking, Emotions, and Memory:** Where Behavior Originates.
- **Life-Threatening Events:** Why Do They Make Us Afraid, Angry, and Sad?
- **Happiness:** An Emotion or a Mood?
- **Emotional Intelligence:** A Key to Resilience? Social Intelligence?
- **How To "Six" Your Way To Happiness:** Six Key Virtues and Their Major Strengths.
- **Acute Stress and Chronic Stress:** Three Causes and Three Brain-Body Pathways of Fear.
- **Why Zebras Don't Get Ulcers:** Stress from Ourselves or the World.
- **Chronic Stress, Anxiety, and Depression:** Negative Emotions and Moods.
- **Men, Women, and Stress:** Sex and Gender Issues. Fight Or Flight Vs. Tend and Befriend.
- **Fear:** Learning and Practicing Skills to Cope with Fear.

#### Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Achieving Tranquility:** The Magic of Mindfulness Meditation.
- **Cognitive-Behavioral Therapy for Stress Management:** Change Your Mind, Change Your Body.
- **Dental Management of Patient Stress:** Distractions, Control, and Expectations.
- **Resilience:** Developing the Capacity to Bounce Back from Stress and Trauma.
- **Practice Makes Perfect:** How Resilience Can Get Better Over Time.

- **Building Resilience:** Learning to Use 10 Key Strategies When Challenged.
- **One Size Does Not Fit All:** The Many Methods of Developing Resilience.
- **Positive Psychology:** The Science of Well-Being, Life Satisfaction, and Happiness.

#### Lunch: 11:30 AM – 12:20 PM

#### Afternoon Lecture: 12:20 PM – 2:00 PM

- **The "50-40-10" Rule:** How Genetics, Personality, and the Environment Create Happiness.
- **Genes and Happiness:** Are We Born Happy or Unhappy? Are There Happiness Genes?
- **Blissful Ignorance:** Do People Really Know What Will Make Them Happy?
- **What Does Make Us Happy?** What the Happiness Research Says.
- **Choices, Choices, Choices:** Does Having More of Them Make Us Happier?
- **Happiness and Health:** Does Greater Life Satisfaction Mean Less Disease and Longer Life?

#### Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Learned Optimism:** Challenging Negative Thinking, Appreciating Strengths, and Looking Up.
  - **Savoring Pleasure:** How Mindful Enjoyment Helps Create Happiness.
  - **Nine Scientifically-Proven Ways To Feel More Joy In Life.**
  - **Simple Daily Exercises That Help To Increase Life Satisfaction And Well-Being.**
  - **Positive Psychology's Role in Tough Times and Mental Health.** Psychotherapies.
- Evaluation, Questions, and Answers: 3:20 PM – 3:30 PM**

### 6 CONTACT HOURS / [www.biomedglobal.com](http://www.biomedglobal.com)

### MEETING TIMES & LOCATIONS

#### CALGARY, AB

Thu., April 11, 2019  
8:30 AM to 3:30 PM  
The Glenmore Inn  
2720 Glenmore Trail SE  
Calgary, AB T2C 2E6

#### EDMONTON, AB

Fri., April 12, 2019  
8:30 AM to 3:30 PM  
Radisson Hotel & Convention Center  
4520 76th Avenue Northwest  
Edmonton, AB T6B 0A5

#### EDMONTON, AB

Thu., May 2, 2019  
8:30 AM to 3:30 PM  
Radisson Hotel & Convention Center  
4520 76th Avenue Northwest  
Edmonton, AB T6B 0A5

#### CALGARY, AB

Fri., May 3, 2019  
8:30 AM to 3:30 PM  
Carriage House Inn  
9030 Macleod Trail South  
Calgary, AB T2H 0M4

### INSTRUCTOR

**Dr. Michael E. Howard (Ph.D.)** is a full-time psychologist-lecturer for INR. Dr. Howard is a board-certified clinical neuro-psychologist and health psychologist who is an internationally-recognized authority on brain-behavior relationships, traumatic brain injury, dementia, stroke, psychiatric disorders, aging, forensic neuro-psychology, and rehabilitation.

During his 30-year career, Dr. Howard has been on the faculty of three medical schools, headed three neuro-psychology departments, and directed treatment programs for individuals with brain injury, dementia, addiction, chronic pain, psychiatric disorders, and other disabilities.

Biomed reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of Biomed.

### ACCREDITATION INFORMATION

This program is designed to provide nurses with the latest scientific and clinical information and to upgrade their professional skills. Numerous registered nurses in Canada and the United States have completed these courses. This activity is co-provided with INR.

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**For all inquiries, please contact customer service at  
1-877-246-6336 or (925) 602-6140**

### TUITION \$109

CHECKS: \$109.00 (CANADIAN) per person with pre-registration or \$134.00 (CANADIAN) at the door if space remains. **CREDIT CARDS: Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.** The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus and a receipt for tuition payment.

### TO REGISTER

Please complete and return the registration form below. Or register toll-free with Visa, MasterCard, American Express, or Discover by calling **1-888-724-6633**. Or fax a copy of your completed registration form—including Visa, MasterCard, American Express, or Discover Number—to (925) 687-0860. Or register online at: [www.biomedglobal.com](http://www.biomedglobal.com).

### REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise Biomed in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$35.00 (CANADIAN) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$35.00 (CANADIAN) service charge applies to each returned cheque. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees are subject change without notice. **The rate of exchange used will be the one prevailing at the time of the transaction.**

Please check course date:

- \_\_\_\_ Thu., April 11, 2019 (Calgary, AB)  
\_\_\_\_ Fri., April 12, 2019 (Edmonton, AB)  
\_\_\_\_ Thu., May 2, 2019 (Edmonton, AB)  
\_\_\_\_ Fri., May 3, 2019 (Calgary, AB)

#### PLEASE PRINT CLEARLY

Name: \_\_\_\_\_ Profession: \_\_\_\_\_  
Home Address: \_\_\_\_\_ Professional License #: \_\_\_\_\_  
City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Lic. Exp. Date: \_\_\_\_\_  
Home Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_  
Employer: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
(needed for confirmation & receipt)

Please enclose full payment with registration form. Check method of payment.

\_\_\_\_ Cheque for \$109.00 (CANADIAN) (Make payable to **Biomed General**)  
\_\_\_\_ Charge the equivalent of \$109.00 (CANADIAN) to my \_\_\_\_ Visa \_\_\_\_ MasterCard \_\_\_\_ American Express® \_\_\_\_ Discover®  
**Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.**  
Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVV: \_\_\_\_\_  
(enter all raised numbers) (card security code)

Signature: \_\_\_\_\_

**Please provide an e-mail address above to receive a confirmation and directions to the meeting site.**

**PLEASE RETURN FORM TO  
Biomed General  
Box #622  
Unit 235, 3545-32 Avenue NE  
Calgary, AB T1Y 6M6  
TOLL-FREE: 1-877-246-6336  
TEL: (925) 602-6140  
FAX: (925) 687-0860**