

Stress Management Summit

July 13-15, 2015 Philadelphia, USA

Massage therapist/ transformational life coach

Susie Craig

Life Mastery Institute, USA

Your mind is your master. Stress occurs according to what you're thinking so pay attention to your self-talk. Every thought that you have and every word that you speak programs your body and programs your life. Everything is energy, including your thoughts. When you say or think anything, your brain sends that information to your body, whether what you're thinking is true or not. This energy vibrates out into the universe, creating your life and your surroundings. If you're not sure if your thoughts are empowering or disempowering you, just take a look at your life. You are like a magnet attracting the same energy that you put out. You choose whether you're stressed out or at peace. When you keep your thoughts positive, it attracts more positive things into your life. When you do this consistently, the stress dissolves. If you find yourself slipping back into a negative thought pattern, just become aware of it, and shift your thoughts to a happy memory, a beautiful dream or simply be grateful for all the good in your life right now. Remind yourself often that everything is working in perfect order and allow yourself to stay positive. Staying positive keeps you healthy, happy, more productive, and attracts positive people and experiences into your life, so make maintaining a positive attitude a lifestyle.

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General Introduction To Biofeedback Peripherals Workshop With Frank Degregorio

Frank De Gregorio

DEC, Denmark

This 1-day workshop is for researchers and health professionals who want to learn how to use the latest "cutting edge" biofeedback technology. This workshop provides an overview of Stress Management using key features of BioGraph Infinity showcasing specialized suite such as the Stress Control, HRV and Physiology Suites.

The participants will have an "hands-on" experience using Surface Electromyography (SEMG), Respiration, Temperature, Skin Conductance, Electroencephalography (EEG), Heart Rate and Electrocardiology (EKG) with audio and visual multimedia biofeedback screens.

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