

“THE RIGHTING REFLEX”

with Jimmy Fendelman

KEEPING YOUR BALANCE IN EVERYDAY LIFE

**Learn the four key tools
of stress management:**

- 1) Mindfulness**
- 2) Perspective**
- 2) Self Regulation**
- 4) Resilience**

***Fun and fast-paced
Master your stress
Approach each day with vigor***



TUESDAY JUNE 29, 2021

1:30 pm

At:

**Nusach Hari B'nai Zion Congregation
650 N. Price Road
Olivette, MO 63132**

Jimmy Fendelman has been a trial attorney for twenty-five years. Mr. Fendelman has been speaking for eight years on the topics of stress management, communications skills and leadership skills for teens, graduate students, and adults. Mr. Fendelman has a blog, *Surfing the Blender*, devoted to the delicate art of staying sane in high-stress situations and has presented his mindfulness workshop, *The Righting Reflex*, for a wide variety of audiences. He is known for his up-beat, high energy style.

“THE RIGHTING REFLEX”

Life is stressful; how do we balance the demands of our personal and professional lives with our own mental health? In this high-energy, extremely entertaining program you will learn the four key tools of stress management: mindfulness, perspective, self-regulation, and resilience.

This class deals with deep concepts in a fast-paced, light-hearted manner with lots of vivid examples. You will leave this program with a clear map for negotiating the stress of personal and professional life and find yourself able to approach each day with renewed vigor.

PLEASE NOTE:

This is a live class which will be simultaneously transmitted via video link as part separate webinar sponsored by The Bar Plan Foundation.

Our one-hour session must begin promptly at 2:00 p.m. in order that we may begin live at NHBZ in time for the Bar Plan Foundation remote webinar viewers to link into our class.

In order to achieve this, we will have a Cookies & Cake reception at Nusach Hari B’Nai Zion Congregation beginning at 1:30 p.m.

The live class will go from 2:00 p.m. to 3:00 p.m., after which Mr. Fendelman will be available for questions and comments.

Please arrive at 1:30, enjoy the snacks and good company and please plan on being in your seats at 1:55 so that we are ready for the live program to begin at exactly 2:00 p.m.