

MEMBER WEBINAR

APRIL 2026

WED, 4/15 @ 2 PM

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Your Nervous System at Work: Understanding Stress from the Inside Out

In this webinar, you will get a science-based look at what stress actually does to your body, from the fight-or-flight response to how cortisol and adrenaline affect your energy, focus, and mood over time. You will learn the difference between short-term stress that passes and chronic stress.

We'll walk through the physical, mental, and behavioral signs that your nervous system may be dysregulated, so you can start recognizing what is actually happening when you feel overwhelmed, burnt out, or on edge.