

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



Things Worth Considering
Thursday at 5 PM Pacific /8 PM Eastern
April 18th 2019: Stress Busters - Keeping your cool when things heat up

Tension is inevitable - anxiety is NOT What makes you tense? At what point does the tension cross over and become anxiety? We all share certain common stressors like money, work, relationships including marriage, divorce, uneven sex drive, and time - like money, just not enough of it! Child raising, emotional overload, and the newest entry to the world of stressors - technology. Understand how our brain hijacks our reactions and hence, our perceptions to all events in our life. The habituation of fear, just what our brain loves, repetitive behaviours. Strategies to stay cool when all aroun

[Read more](#)



Tune in

Thursday at 5 PM Pacific
Time/8 PM Eastern Time on
VoiceAmerica Empowerment
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live! Call-In
Toll Free: 1-888-346-9141
Intl: 001-480-553-5760

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)