CE Course Handout

The Silent Killer in Dentistry: Facing the Realities of Stress in Dentistry

Saturday, June 20, 2015
10:00am-1:00pm
**The Silent Killer**

I stress over…

<table>
<thead>
<tr>
<th>Know Your Stress</th>
<th>Assess Your Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Reduce Your Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**For further information:**
- CALL me at: 623.776.6715
- EMAIL me at: Jen@JenButlerInc.com
- JOIN my mailing list: www.JenButlerInc.com
- LIKE my Facebook page: www.facebook.com/JenButlerCoaching
- FRIEND me on Facebook: www.facebook.com/CoachJenButler
- FOLLOW me on Twitter: @jenbutlerinc

Copyright Jen Butler Inc. I All Right Reserved 2015
### Your Stress Management Plan

<table>
<thead>
<tr>
<th>Coping Tools #1:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Coping Tools #2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Coping Tools #3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

### Commit

__________________________

### Change

__________________________

### Connect

__________________________