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Abstract for an Invited Paper
for the BPNMC21 Meeting of
the American Physical Society

The Impact of Stress On Our Mental Health and What We Can Do About It.

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In a world where we find ourselves continually transitioning with change, its easy to forget how vulnerable our mental health can be, and the importance of checking in and practicing self -care. The focus of this workshop will be around knowing the signs that tell us our mental health is being taxed, what we can do to be well and take care of ourselves as well as some valuable resource to have when we need them.