



**Hampton Roads**  
Chapter

## Thank you to Dr. Jerry Teplitz

On Wednesday, April 29, 2020, the Hampton Roads Chapter of the Association of Legal Administrators hosted an online meeting for its members and business partners. We invited Dr. Jerry Teplitz to share his presentation, *Managing Stress in These Difficult Times*.

Dr. Teplitz promised information that participants could use immediately to better manage stress and he delivered! We learned techniques to increase our energy levels when stressed out, as well as methods to help us relax. He also showed us a method to use to help keep our energy levels high all day. A very hands-on presentation with a lot of tools! I would not hesitate to recommend Dr. Teplitz as a speaker.

Very Truly Yours,

A handwritten signature in blue ink, appearing to read "Rob Sadler", is written over a light blue horizontal line.

Rob Sadler

President, HRALA

Dr Teplitz is now listed in the ALA Chapter Database - see below

# **Managing Your Stress in These Difficult Times Virtual Seminar Presentation**

**By Dr. Jerry V. Teplitz**

## **Feedback from ALA Hampton Roads Chapter**

PDeming : I appreciated the overview on meditation

Donna Baird : Yes, thank you!

Anna Basurto: Very helpful and informative. Time to load-up on Vitamin C!

empowel : Very Helpful.

Kelly : Can't wait to try these out in real time

Betty : Thank you this was very helpful

AHowie : Really appreciate this information.

tdhall : Very helpful and will try meditation

# Chapter Education Database

## Managing Your Stress in These Difficult Times

**Speaker Name** Dr. Jerry Teplitz

**Date** 4/29/2020

**Chapter** Hampton Roads

**Description** The coronavirus could be in front of you, behind you, to the right or left, too. This uncertainty is causing all of us a lot of stress! So, is there anything we can do about this stress? We decided to look for an expert and found a pioneer in the field of stress management, Dr. Jerry V. Teplitz. He's been teaching and writing about how to handle stress since 1974. He's been publishing a month blog called Healthy Alternatives for 18 years and is now doing a weekly email. He wrote How to Relax and Enjoy..., which was one of the first books in the field before stress management was even considered a field! His latest iteration of this book is Managing Your Stress in Difficult Times: Succeeding in Times of Change. In August, Dr. Teplitz will be inducted as a Legend of the Speaking Profession by the Veteran Speakers Network. We decided that Jerry was the right person to show you how to manage your stress in these difficult times, so we have scheduled him to present an online Virtual Speaking Presentation on April 29, 2020 at 12:00pm EDT. He will show you and then have you experience actual techniques that you can use immediately to reduce your level of stress. The pandemic will end, but your level of stress may not, and the long-term health consequences to you may increase. The chaos might continue, but you will now have tools to keep yourself centered – with less stress.

**Speaker Phone** 7574968008

**Speaker Email** [jerry@teplitz.com](mailto:jerry@teplitz.com) (<mailto:jerry@teplitz.com>)

**Comments** We invited Dr. Jerry Teplitz to share his presentation, Managing Your Stress in These Difficult Times. Dr. Teplitz promised information that participants could use immediately to better manage stress and he delivered! We learned techniques to increase our energy levels when stressed out, as well as methods to help us relax. He also showed us a method to use to help keep our energy levels high all day. A very hands-on presentation with a lot of tools! I would not hesitate to recommend Dr. Teplitz as a speaker for your chapter.

**Category** Communication & General Management

### Other Comments

**Type of Speaker** Other

**Session Format** Speaker

**Accreditation**