**Stress First Aid Reflection**

IN post conference, view the 20 min Stress First Aid powerpoint with your clinical instructor on the HealthStream channel.

To your reflection this week,

1. add your thoughts about this presentation. .
2. Describe 3 takeaways from the powerpoint that you will bring into your professional practice.

[Stress first aid reference Workbook.pdf](https://rutgers.instructure.com/courses/226541/files/30998423?wrap=1)

[Actions](https://rutgers.instructure.com/courses/226541/assignments/2498938)

. (use this workbook as a reference).

[AtlantiCare\_StressFirstAid\_11x14\_Poster\_FINAL\_v2.pdf](https://rutgers.instructure.com/courses/226541/files/30998503?wrap=1)

[Actions](https://rutgers.instructure.com/courses/226541/assignments/2498938)