

**Families Against Narcotics
of Newaygo County
Presents**

Eric Hipple

*Former NFL Quarterback for the Detroit Lions, Author, Speaker,
Mental Health / Substance Abuse Treatment Advocate*

SURVIVE AND THRIVE

**A QUARTERBACK'S TAKE ON MANAGING
CHANGE IN A HECTIC WORLD**

When change is apparent in or out of the workplace, mental fitness is a key component for managing it. It gives us the ability to care for ourselves and make sure we're physically able to navigate the turbulent waters ahead.

We are all expected to be on the top of our game and take on the challenges that life presents to us. But managing them physically and psychologically can add another layer of stress. We are all too familiar with the stresses in life and the damage it can do to the biology and the psyche of a person. Resilience, solution-oriented thinking, positive attitude and decision-making with a strong dose of purpose is the foundation for mental fitness. That doesn't mean that things won't go wrong, they often do in life, but just surviving is not enough, it is also about thriving.

In Eric's engaging session, attendees will learn how to:

Understand the 5 components of stress control:
Predictability, Controllability, Trust, Relationships,
and Purpose.

Navigate the pillars of mental fitness recognizing choices, self-esteem, boundaries, and vulnerability.

Be aware of oneself and observation of others.

*Utilizing the tools of mental fitness,
we can live and work with the motto "Survive and Thrive"*

**Wednesday
October 23, 2019
7pm- 8:30 pm**

**The Black Box
at The Dogwood Center
4734 S Campus Court
Fremont, MI 49412**

**Questions:
(231) 924-2100**

View Eric Hipple's Biography:
www.EricHippleSpeaks.com



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