

# LIVING THE THREE PILLARS OF DE-STRESSING YOUR BODY

by

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- What are the **THREE PILLARS OF DE-STRESSING**?
- What do you need to do to protect yourself **PERSONALLY** from the devastating effects of too much stress?
- How do the hormones in your body **DIRECTLY** control your behavior?
- What happens to your **BODY** when you are “**BULLIED**” and when **YOU ARE THE BULLY**?
- Why is the chronic distress from **BULLYING** your **#1 HEALTH RISK FACTOR**, even more than **SMOKING**?
- What is “**BOTTLING**,” and how does it increase your distress?
- What does it really mean to work in a **SAFE** environment ... and how can you create one?
- How will **CHRONIC DISTRESS** age you beyond your years?
- Why are 80% of our trips to the doctor really caused by **CHRONIC DISTRESS**?
- Why should **TOLERANCE** be **EVERYONE’S #1** priority?
- What does **EVERYONE** need to know about how we destroy our brain and what we all need to **REPAIR** and **REWIRE** it?
- How does **SLEEP** and **WATER** repair our brain?
- How does “**BDNF**” helps to grow new neurons and repair your brain ... and how can you get more of it?
- How can your **PETS** and **HOBBIES** be a great investment in your own mental health?.

...and **MUCH, MUCH** more...

Join Scott as he outlines why **STRESS KILLS** and what you need to do every day to avoid its terrible effects. Scott will not only outline this topic for you in his own unique, practical and entertaining style, but he will show you how to use this information **IMMEDIATELY!**

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Scott Warrick ([www.scottwarrick.com](http://www.scottwarrick.com)) is a practicing Employment Law Attorney, Human Resource Professional and three-time best-selling author with over 40 years of hands-on experience. Scott uses his unique background to help organizations get where they want to go, which includes coaching and training managers and employees on site in his own unique, practical and entertaining style.

Scott combines the areas of law and human resources to help organizations in “Solving Employee Problems ***BEFORE*** They Start.” Scott’s goal is ***NOT*** to win lawsuits. Instead, Scott’s goal is to ***PREVENT THEM*** while improving ***EMPLOYEE MORALE***.

Scott’s first book, ***[Solve Employee Problems Before They Start: Resolving Conflict in the Real World](#)***, is a #1 Best Seller for Business and Conflict Resolution. It was also named by EGLOBALIS as one of the best global Customer and Employee books for 2020-2021. Scott’s next book, ***[Tolerance and Diversity For White Guys ... And Other Human Beings](#)***,” is also a #1 Best Seller in 13 categories on Amazon. His most recent book, ***[Healing The Human Brain](#)***, is an International Best Seller in 14 categories with sales in over a dozen countries worldwide.

***[Scott Trains Managers & Employees ON-SITE in over 50 topics](#)***, all of which are customized for each client. Scott is a national speaker who travels the country presenting seminars on such topics as Healing The Human Brain, Employment Law, Conflict Resolution, Harassment & Bullying, Leadership and Tolerance, to mention a few.

Scott is also a **Certified Brain Health Professional** and a **Certified Emotional Quotient Counselor**.

Scott’s ***[MASTER HR TOOL KIT SUBSCRIPTION](#)*** is a favorite for anyone wanting to learn Employment Law and run an HR Department.

Scott’s ***[STOP BULLYING & HARASSMENT NOW!](#)***, ***[Building A SAFE Workplace](#)*** and his ***[SUPERVISOR TRAINING](#)*** video series are favorite training videos for many organizations.

Scott was named one of Business First’s 20 People To Know In HR by CEO Magazine’ and a Human Resources “Superstar” in 2008. Scott also received the Linda Kerns Award for Outstanding Creativity in HR and the Ohio State Human Resource Council’s David Prize for Creativity in HR Management.

Scott’s academic background and awards include Capital University College of Law (Class Valedictorian (1st out of 233) and Summa Cum Laude), Master of Labor & Human Resources and B.A. in Organizational Communication from The Ohio State University.

**For more information on Scott, just go to [www.scottwarrick.com](http://www.scottwarrick.com).**