

RECOVERY FROM THE PHYSICAL AND MENTAL STRESSES OF COVID: COMPLEMENTARY AND INTEGRATIVE TREATMENTS

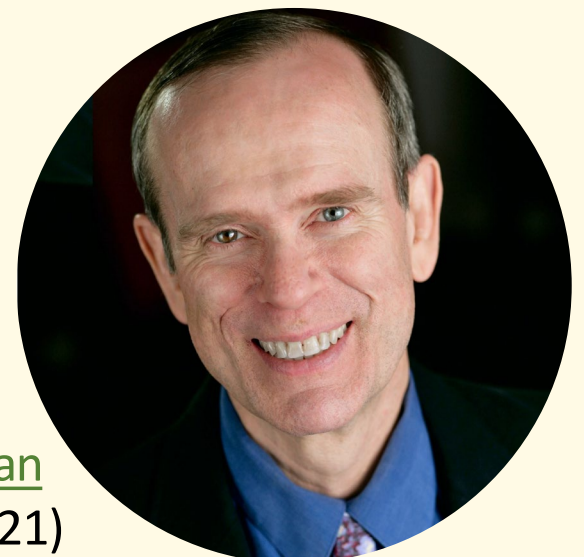
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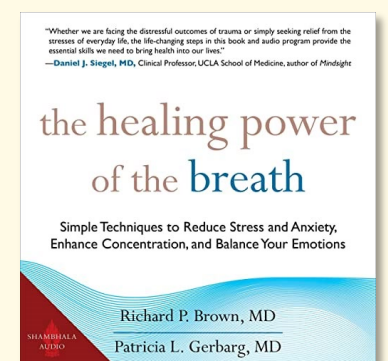
FEATURING:

Richard P. Brown, MD, is Associate Professor in Clinical Psychiatry at Columbia University Vagelos College of Physicians and Surgeons; Co-Founder, The Breath-Body-Mind Foundation, Inc.; Co-author (with Gerbarg, PL and Muskin, PR) of [“Special Report: Complementary Alternative and Integrated Medicine Can Help Meet Challenges of COVID”](#) (Psychiatry News, 2021) and [Complementary and Integrative Treatments in Psychiatric Practice](#) (American Psychiatric Association Publishing); co-author (with Gerbarg PL) of [The Healing Power of the Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions.](#)



Learn More at Breath-Body-Mind.com

- ★ 2013 Nautilus Award Winner – Silver
- ★ Updated as an Audible Book 2022



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ABOUT THE TALK:

Healthcare and mental health professionals are at risk for developing compassion fatigue, burnout, and mental health issues due to highly stressful work conditions, increased workload due to physicians and nurses leaving the professions, and the many COVID-related stresses impacting their families. Busy professionals need simple, effective methods to reduce anxiety, stress, insomnia, fatigue, and “brain fog.” In this talk, Dr. Brown teaches about breath-centered mind-body practices and supplements that improve lung function, immune defense, stress resilience, and recovery from COVID infection, which will empower health professionals to maintain their own health and their capacity to serve others.

SPEAKER SERIES OF THE
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This talk will be recorded.