

# 6R Stress Management

**Wednesday, April 7, 2021**

12 - 1 p.m.

**Target Audience**

All interested care staff are welcome.

**Learning Objectives**

- Identify common factors of stress.
- Identify the six R's of stress management.

**Continuing Education Credits**

In support of improving patient care, Sutter Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Sutter Health University designates this LIVE activity for a maximum of 1.0 AMA PRA Category 1 Credits™ for physicians, 1.0 contact hours for nurses and 1.0 knowledge-based contact hours for pharmacists. Learners should claim only the credit commensurate with the extent of their participation in the activity.

**Register**

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**Ronesh Sinha, M.D.**

Senior Medical Director  
for Employer Services

Palo Alto Medical  
Foundation