

## Rita K. Garnto

Self-Care, Mental Health Wellness,  
Stress Management Advocate & Educator  
International Author, Speaker

### Meet Rita:

Rita is a **dynamic Stress Management Educator** and the **engaging Simple Self-Care Expert** behind the **book "Simple Self-Care Saved Me".**

With **over 35 years in healthcare**, Rita **connects** with audiences through her **down-to-earth style**, **sharing** her powerful yet straightforward philosophy of **keeping it simple**.

Rita **offers practical** and **easily implementable** self-care **strategies** and attendees will **leave with actionable tools** to **reduce stress**, **prioritize their well-being**, and **be more productive**.



### *How Is Stress Affecting YOUR Bottom Line?*

**How much is stress is costing your company?** Stress could be silently **draining your profits!** Burnout, absenteeism, and staff turnover **cost your business more than you realize.**

Rita provides, not only a **better understanding of stress** itself, AND also a **variety of easily implementable, simple stress-busting strategies**. **Does your company need more energy, more focus, more success?** Don't let stress dictate your bottom line.

### *Taming Your Tigers... Don't Let Stress Devour You*

Learn to **differentiate** between what you **can control** and **what you cannot**, empowering you to **take actionable steps** towards a **balanced mindset**.

By the end of this session, you'll have **practical strategies to reduce your stress load** and mitigate its **negative effects** on your health, paving the way for a **more vibrant, resilient you**. Embrace the journey to **reclaim your well-being** and **thrive amidst life's challenges!**





## **Learning to Bend, NOT Break... Stay Grounded**

Discover how **stress uniquely manifests** in your life and the **profound impact** it can have on your **overall well-being**.

Learn to **recognize the signs of stress** and **unlock the power of self-care** as a transformative, accessible, and enjoyable tool for **alleviating stress**. Join us to explore **practical strategies** that can **seamlessly integrate** into your daily routine, empowering you to reclaim your peace and thrive in a **balanced, healthier lifestyle**.



### **Strategic, Scientific Stress Taming Topics: The Power Of... Series**

- The Power Of **Getting It Out of Your Head...journaling**
- The Power Of **Movement...** simple stretches & tools to get **YOU moving!**
- The Power of **Saying it Out Loud...** positive **affirmations**
- The Power of **Imagination...** creative **visualizations** & guided **meditation**

### **What are They Saying about Rita:**

Rita spoke at our **women's self-care event** with an **audience** of about **100 attorneys** who work in **high stress positions** for **corporations all over the world**.

The women were **deeply inspired** by Rita's **personal testimonials, experiences and advice** on how to **balance** and **improve life** using personal **self-care**.

Everyone was **appreciative** of her **book** in order to **refer back** to the **suggestions and techniques** on an **ongoing basis**. We hope to **use Rita again** for other events.

**Lynn Huonker**  
Senior Managing Counsel at Oracle America, Inc.  
Executive Board Member of the Charlotte, NC Chapter  
of the Association for Corporate Counsel

I love Rita's **weekly simple self-care motivation tips**! Every Tuesday, I can expect a cheerful chime from Rita with a **gentle reminder to make myself a priority**. This nudge has **encouraged me** to take a deep breath when I'm faced with **adversity personally and professionally**.

**Jia Lin-Bothe**  
Director of Family Empowerment  
SchermCo Foundation

