



# Reduce Stress and Anxiety by Managing Your Nervous System

Course completed by Matthew Ulm  
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Top skills covered

**Stress Management**

A handwritten signature in black ink that reads "Dan Brodnitz".

Head of Content Strategy, Learning



Certificate ID: b46400f376fa36676f1af77a8483782cda65870d3e2d2bea7631f6a5ffad6c8c