



OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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Susan Quinn, Director

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PRESS RELEASE

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Learn Spot-It™ Relaxation Method at Ocean County Library Long Beach Island Branch

SURF CITY – Where can you turn for relief when inner tensions mount? Learn about an in-the-moment technique during “Spot-It™: Breaking Free from Stress, Worry, Anger, and Anxiety,” 2 PM Friday, July 7, at the Ocean County Library Long Beach Island Branch.

Wellness consultant [Brittany Histing](#), RN, BSN, MSN, HT-A, will conduct the exploration of Spot-It™, a cognitive behavior therapy (CBT) method of retaining a balanced outlook.

Practitioners say that the “spots” are phrases that can ease insecurities or fearful thoughts, such as “People do things that annoy us, not to annoy us,” or “Approval is a want, not a need.”

Brittany Histing, a University of Connecticut nursing honors graduate, earned a Master’s degree from Drexel University, during which she taught nursing in India and widened her medical studies beyond traditional means. She offers energy healing, cleansing and well-being mentoring at www.surfingwavesoflight.com.

Please register at www.theoceancountylibrary.org/events to attend this free program. For more information, stop by the OCL Long Beach Island Branch, 217 South Central Avenue, Surf City, or call (609) 494-2480.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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Brittany Histing
Photo Courtesy of Brittany Histing

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