



‘Kentucky Health’ discusses ways to control and deal with unwanted stress

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Tempering may make for a stronger steel. But in humans, too much stress can do harm on the developing psyche. On this episode of *Kentucky Health* host Dr. Wayne Tuckson talks with Lauren Muir, a licensed professional clinical counselor and co-owner of Martin and Muir Counseling in Louisville, about ways to negate and control negative stress.

Kentucky Health

KET Sunday, March 31 • 1:30/12:30 pm

KET2 Monday, April 1 • 2/1 pm

Watch on-demand at [KET.org](https://ket.org) and the PBS App

Kentucky Health is a KET production, hosted by retired Louisville surgeon Dr. Wayne Tuckson and produced by Christie Dutton.

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