

STRESS MANAGEMENT TRAINING



You need stress in your life! Does that surprise you? Without stress, life would be dull and unexciting. Too much stress, however, can seriously affect your physical and mental well being. A major challenge in this stress-filled world is to make the stress in your life work *for* you instead of *against* you, and that is the focus of the presentation, “Ways to Manage Stress and Have It Work for You.” Also included in this presentation is information to assist you in dealing with the stress associated with traumatic events.

Program Objectives:

- *Differentiate between positive and negative stress.*
- *Identify the psychological, physical, and behavioral signs of stress.*
- *Develop specific techniques to manage personal stress.*
- *Learn coping strategies for tragic events.*

Presented By:

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Coastline EAP provides confidential assistance to you and your family members.