

Your **Employee Assistance Program**

Presents:

Managing Stress for Success

Where: New Science Building - Room 2734

Dates: Thursday, 02/25/10 or Friday, 02/26/10

Time: Promptly from 9:30 A.M. – 11:00 A.M.

No need to RSVP, sign in sheet will be available at the presentation. Please sign in by: 9:15 a.m.!

This program will provide employees with a brief overview of stress basics as well as practical suggestions for coping with stressful situations, especially as they occur in the workplace. The concept of stress hardiness is addressed as a focus for healthy stress management. This program provides tools that help reduce levels of employee stress and help to better understand personal and organizational aspects of stress.

Program Highlights:

- Review stress basics
- Recognize when making a change makes the difference
- Understand the role of communication in stress reduction
- Examine the contributions of stress hardiness

To learn more about the Employee Assistance Program (EAP):

Call toll-free 1-(866) 248-4094 or 1-(866) 216-9926
TDD/TTY or

log on to www.liveandworkwell.com

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