



# STRESS MANAGEMENT WEBINAR SERIES

2019

**About:** A quarterly series designed to provide employees with the knowledge and skills necessary to cope more effectively with stress so they can live healthier and more productive lives.

## How to Handle Extremely Stressful Circumstances

This important session discusses several strategies for handling the extremely stressful circumstances (trauma, loss, significant changes, etc.) that we experience at times in our personal and/or professional lives. These strategies will include managing our thinking and emotions, increasing our resilience, and making necessary adjustments.

Date: Monday, March 4th 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/7670908193767962627>

## Managing the Stress of Change

Our constantly changing world creates stress and difficulty for most of us. This important session provides several techniques designed to help individuals more effectively cope with, and adjust to, the changes in their lives. In addition, the presentation will cover strategies for increasing the overall personal resilience.

Date: Monday, June 24th 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/2262012473528641795>

## The Four Keys to Handling Pressure

The challenges of 21st century life place constant personal and professional demands on individuals trying to succeed in the workplace. This practical seminar will empower employees to better manage their perceptions of what confronts them, develop healthier self-talk, avoid over-reacting to situations, and reduce self-defeating behaviors.

Date: Monday, September 23rd 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/7477724000767854595>

## Managing the Stress of Time and Competing Priorities

This presentation is designed to help individuals recognize how personal organization and use of time contribute to stress levels. In addition, the presentation offers a practical approach to prioritizing efforts and maintaining focus on the most important activities in our lives to reduce stress and increase our effectiveness.

Date: Monday, December 2nd 1:00-2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/2940379262029344259>

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