



Stress Management Session

*Feeling stressed? Overwhelmed?
Over Worked? Out of control?*

Stress is a basic element of daily life at work, at home, even at play. Excessive amounts of stress can produce negative results: feelings of anxiety, frustration, fatigue, and may lead to physical illness.

Learning Objectives:

- Complete a job stress inventory
- Identify your life stressors.
- Learn numerous positive coping skills
- Gain strategies that build resilience against stress.
- Learn how to control internal stress in all situations.
- Create a personalized stress management plan that will put you on the Wellness Path immediately.