

# Stress Management



Instructor-led. Virtual and in-person options.

**Knowing how to manage stress can improve your health, quality of life, and well-being. This interactive workshop explores the impact of stress on our bodies, minds, and spirits, and introduces strategies to manage its effects in the workplace and in daily life.**

**Participants learn how to identify personal signs of stress, develop coping mechanisms, and explore how to use mindfulness to move from surviving to thriving.**

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## LEARN HOW TO:

1. Recognize stress and identify its physical and emotional impacts
2. Develop coping strategies and build resiliency to counter stress at home and at work
3. Take control of stress using the four As – Avoid, Alter, Adapt, and Accept
4. Manage mind, body, and spirit and move from surviving to thriving

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## SESSION DETAILS:

- Half-day workshop
- Instructor-led, either in-person or virtually
- Participants receive a certification upon completion
- Delivered by certified, experienced trainers

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## DESIGNED FOR:

- Front-line service staff
- Supervisory staff
- Managers