

Join us for a hands-on and informative session on

# Stress Management

Multiple dates available!

Register by going to:  
Training Seminars and Workshops via Pipeline, Today!

## Stress Is...

- Causes at work and home
- Physical and emotional effects

## Sources of Stress

- In the workplace
- Family
- Finances
- Self-assessment: Identifying your personal sources of stress

## Managing Stress & Making it Work for Us

- Tools and strategies for the workplace
- Tools and strategies for home
- Action planning activity

## Reducing Stress

- Breathing exercises
- Meditation and relaxation
- Tools for stress management

