



## **Summer 2010 Faculty and Staff Stress Management Series Presented by Carebridge Corporation**

All seminars will be held in the Pryzbyla Center from 1pm to 2pm.  
Bring your lunch, no RSVP necessary!

### **Stress Management that Works**

**Wednesday, July 14<sup>th</sup>, 1 p.m. – 2 p.m.; Pryzbyla Center, Room 351.**

Stress is a fact of life. While we can't avoid the types of normal stress which are part of everyday life, we can learn to adjust and adapt to that which we cannot change. This seminar will be identify good and bad stressors and provide tips and techniques for successfully reducing stress and anxiety. Participants will also learn to recognize reactions to stress and develop better control over their lives.

**Please come to this session at 12:45 p.m. to hear a brief overview of the Carebridge benefit as well as the Health Advocate benefit.**

### **Stress Management in a New Direction**

**Wednesday, August 4<sup>th</sup>, 1 p.m. – 2 p.m.; Pryzbyla Center, Room 351.**

This seminar is specifically designed for those participants who have received previous training in stress management and time management, but who struggle to implement these skills into their daily lives. Common thought patterns and behaviors, which serve as obstacles to successful time and stress management, will be explored. Participants will develop individualized plans to increase their chances of successfully conquering these obstacles.

### **The Healthy Work Day**

**Monday, August 16<sup>th</sup>, 1 p.m. – 2 p.m.; Pryzbyla Center, Room 351.**

Numerous strategies are presented to help alleviate daily work related stress. Simple office exercise, choosing healthy snacks, organization, and relaxation will be emphasized.

*For further information, please contact the Office of Human Resource at 202-319-5050.*