

## Stress Management

We are more conscious of our health today than ever before. We are living longer and better because we are eating healthier and exercising more regularly. But what about stress? Stress is a normal part of everyday life, and our picture of our overall health would not be complete without some consideration of how stress affects our emotional (and physical) health. This course was written to focus attention on stress management, specifically how to find a level of stress that is not only manageable, but useful for you, and how to avoid stress beyond that level. You will also learn the basics of good emotional health, how to improve your self-image and become more self-aware, and how your emotional health ties in to your physical health. Topics include:

- The Effects of Stress on Emotional Health
- The Effect of Stress on the Physical Self
- Alleviating Stress at Work
- Reducing Stress Through Biofeedback, Mindfulness, and Meditation
- Sorting Realistic from Unrealistic Expectations
- Enhancing Your Emotional Health
- Building Self-Confidence
- Ten Tips for Maintaining Emotional Fitness

Instructor: ExecuTrain  
Dates: Thursday, January 9  
Location: Executive Dining Room (EDR) in Central Plaza –  
Washington Group Complex  
Hours: 7