

PSEW PRESENTS

TOOLS TO HANDLE STRESS

Thursday,
May 21

Virtual EAP Event
5 - 6 PM



TARGET AUDIENCE:

All participating Local 46 Members and Family who would like to review common stress reduction techniques that they may not have tried.



EXPECTED DURATION:

45-60 Minutes

By the end of this workshop, you will know techniques to help reduce stress.

Questions? Contact Healthcare Trustee
Gillian Burlingham at gillian@IBEW46.com.

Register at this link:

<https://register.gotowebinar.com/register/6498052602053162582>



Workshop Objectives:

~Embracing Accountability: We often have choices we can make to reduce the causes and impact of stress

~Engaging in Hobbies: We may be able to prioritize refreshing activities

~Remembering Past Successes: We can focus on how we have survived previous stressful situations

~Taking Breaks: Stepping away from a stressor can help us return to it in a more effective way