

Stress Management

Presented
By
JoAnn S. Moss, SPHR



Program Agenda

9:00	Introduction	Slides # 1& #2
9:10	Understanding stress	Slide # 3
9:20	The effects of stress	Slide # 4
9:30	Feeling good about who we are <i>hand out # 1</i>	Slide # 5
9:35	Taking control <i>hand out # 2</i>	Slide # 6
10:00 – 10:10	Break	Slide # 8
10:10	Understanding the stress cycle	Slide # 7
10:25 – 10:50	<i>Group Activity</i>	
10:50 – 11:00	Break	
11:00	What is really important?	Slide # 9
11:10	Sharing the load	Slide # 11
11:20	Communication	Slide # 12
11:30	Making stress work for you <i>hand out # 3</i>	Slide # 13
11:40	Summary	Slides # 14 & #15
11:45	Questions & Answers Evaluations	
12:00	Dismiss	