

STRESS MANAGEMENT DYNAMICS

Dreading the work week? Feeling tired and overwhelmed? Noticing tolerance level is low? Ever have emotional outbursts? You may be caught in the phenomenon called the "Stress Cycle." This teleconference will help you take control of stress by learning how to prioritize, delegate, communicate, and ask for help which will release the pressure of stress. Key topics to be covered include:



- ✓ Define stress and its causes;
- ✓ Recognize stressors that can be controlled from those that can't;
- ✓ Explore the stages and symptoms of the stress cycle;
- ✓ Identify the effects that stress has on health and self-esteem;
- ✓ Develop control over stress;
- ✓ Learn how improved communication can diminish stress;
- ✓ Manage stress to produce positive results;

When: Thursday, February 23, 2006 – 9:00 a.m. until Noon.

Who: ALL county officials and employees including department heads, supervisors, and front-line employees.

Where: Channel 323 at any of ETV's Satellite viewing sites.

Speaker: JoAnn Summers Moss, SPHR, President of Human Resource Dynamics. Ms. Moss will cover specific topics such as how to identify stress, define the effects of stress on society, recognize stressors and determine which can be controlled from those that can't, how to turn stress into a positive force, explore the full cycle of stress, as well as imbue the audience with tips and techniques to manage stress.

TO PARTICIPATE IN THE TELECONFERENCE, YOU SHOULD:

- | |
|---|
| ➤ Identify a "Coordinator to be the official contact for the county. He/she will arrange all of the logistics prior to the teleconference and be on-site the day of the event. |
| ➤ Contact the nearest satellite viewing site and arrange equipment, seating, VCR (to tape for later broadcast), etc. |
| ➤ Mail an interoffice memo to all Department Directors from the Administrator encouraging participation. |
| ➤ Arrive at the satellite viewing site by 8:30 a.m. and confirm that all equipment is working properly. |
| ➤ Identify a "Facilitator" and encourage attendees to ask questions and provide comments. |
| ➤ RELAX and enjoy! |