EAST CAMPUS

Employee Assistance Program
UNIVERSITY AT ALBANY State University of New York

EAP Lunchtime Wellness Program

Ten One-Minute Stress Management Techniques

No time to manage your stress? Join us as we learn TEN one-minute techniques to integrate into our lives to help us address stress without stressing about time! Numerous medical reviews document the effectiveness of relaxation techniques for such things as eliminating headaches, lowering blood pressure, improving relationships, increasing memory and recall, just to name a few health benefits. Learn how to create and experience “the relaxation response” to calm the mind and body by using these ten techniques. By doing so, you’ll support your health, well-being, and productivity throughout your day!

Presenter: Barbara Stevens, is certified by the International Association of Counselors and Therapists in Stress Management, and Single Incident Stress Resolution, Smoke Cessation, Weight Management, and Neuro-linguistic Programming (NLP). She works with national insurance providers to educate the private and corporate sectors on the effects of stress and provide techniques to improve health and well-being.

Thursday, March 31
12:00 - 1:00 pm
Room 110A
School of Public Health

To Register Contact:
Brenda Seckerson,
EAP Coordinator
bseckerson@albany.edu
442-5483 or online at
http://www.albany.edu/eap/event_sign-up.htm

Deadline to Register:
Tuesday, March 29