Tools to Manage Stress

Wednesday, November 30th
12:00 p.m. – 1:00 p.m. • Room 375 • Campus Center

Gain a better understanding of how stress can impact your psychological and physical health. During this program, participants will:

- Practice two relaxation techniques
- Learn tools and techniques to prevent, manage, and relieve everyday stress by:
  - Addressing the stressor
  - Adapting to the stressor
  - Practicing healthy living
  - Relaxing and recovering

Open to all UAlbany employees!

Please contact Brenda Seckerson, EAP Coordinator to register:

bseckerson@albany.edu • 442-5483

Or register online at:

http://www.albany.edu/eap/event_sign-up.htm

10 | CDPHP members can earn up to 10 Life Points® for attending.

CDPHP members: please bring your member ID card.