

EMPLOYEE ASSISTANCE PROGRAM

QUICK STRESS BUSTERS AND HACKS

VIRTUAL TRAINING SERIES

When we encounter stress, our brain and body go into “fight-or-flight” mode, causing our heart rate and breathing to increase and muscles to become tense. Over time, repeated activation of this stress response takes a toll on the body, both physically and psychologically. Since we encounter stressors every day, we need tools to use on the fly that give quick results and relief. In this training, participants will learn to identify stressors and signs of stress, as well as fast and straightforward ways to de-stress.

**THURSDAY,
NOVEMBER 4, 2021**

12:00 - 1:00 p.m.

Registration:

Advanced registration is not required. To view and listen to the live webinar, go to bit.ly/2Wq4gz5 on the day of the event.

- Event Password: ng6ChrSGq9m
- United States Toll: +1-408-418-9388
- Access code: 132 919 7258

The training will be recorded and available on the website approximately two to three weeks after the live event. To view past trainings, go to eap.calhr.ca.gov. Under Explore Services, click on the program tile for Webinars and Workshops to access the individual training recording, slideshow and handouts, if applicable.

Learning Objectives

- Define stress.
- List common causes of stress.
- Identify signs and symptoms of stress.
- Learn everyday stress reduction techniques.

Who Should Attend?

- These workshops are free to state employees.
- Before planning to attend, employees should ensure supervisor’s approval.
- Please provide two weeks notice for special accommodations.

