

## Employee Assistance Program

Your resource for help with daily challenges and difficult situations

# Helping Your Employees Manage Workplace Stress

## EAP Training Event

Thursday,  
May 9, 2024

2:00 - 3:00 p.m.

### Training Description

A certain level of stress is healthy; it can boost memory and help people accomplish tasks more efficiently. Stress becomes a problem when it is chronic and unmanaged, which can lead to physical and emotional issues. These issues may ultimately affect job performance. As a leader, it is impossible to eliminate all your employees' stressors, but there are things you can do to help decrease workplace stress. In this training, you will learn the causes of workplace stress, warning signs of unmanaged job stress and practical strategies to help reduce your employees' job-related stress.

### Learning Objectives

- Define the difference between stress and a challenge
- Identify warning signs of unmanaged job stress
- List some of the causes of job stress
- Discuss practical suggestions to reduce your employees' stress levels at work



On the day of the event, scan the QR code to access the live webinar.

### Access Information

Advanced registration is not required. On the day of the event, use the following link to view and listen to the live webinar: [magellanhealth.adobeconnect.com/r36ztkd7nz82/](https://magellanhealth.adobeconnect.com/r36ztkd7nz82/)

If you want to access the audio only, call (816) 293-9963 and enter 9498679#

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](https://eap.calhr.ca.gov). In the Explore Services section, click on the Trainings and Webinars tile to access the training recording, PDF of the slide show presentation and handouts (if any).

### Please Note

- These trainings are intended for State of California employees.
- Before planning to attend, obtain supervisor approval.
- Please contact [eap@calhr.ca.gov](mailto:eap@calhr.ca.gov) for any reasonable accommodation requests. We kindly ask for at least two weeks' notice before the event to review the request.

