

Free employee program: SOS for Stress

July 13, 2015

SOS For Stress



July 15, 2015

9:30 am – 10:30 am

or

2:00 pm – 3:00 pm

In Titchener Hall Room 102

Stress is an everyday occurrence but each individual responds differently to the pressures of life. Topics discussed in this training include:

- Defining stress and stressors
- How stress affects physical health and emotional wellness
- Identifying your individual stress response
- Targeting Stress: Strategies to reduce, prevent and cope with stress
- Prioritize the important vs. the unimportant and apply stress management strategies

Course objective: Learn how to identify stressors at work and home to develop strategies towards stress management.

To sign up for this training, please email Linda to indicate time requested at SnizekLS@sunybroome.edu

Filed Under: [FOCUS on Wellness](#)

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