



## STRESS MANAGEMENT

This seminar will examine the daily stressors that occur in the workplace. Being able to identify stressors, as well as, examining the effects of stress from a holistic (physiological, psychological, and social) perspective will be explored in this seminar.

### **Primary Objectives:**

Participants will be able to define stress.

Participants will be able to identify stressors.

Participants will understand how stress affects one physically and emotionally.

Participants will be able to identify at least 3 ways to decrease stress.

**Suggested Audiences:** Social Workers, Counselors, Case Managers, Caregivers, Law Enforcement and Corrections Officers, Educators

