

2013

MARCH

Work Life Resources



FEELING THE PRESSURE? Learning the art of stress management

WEBINAR

Building Resiliency 101

March 19th

9:00am | 11:00am PT

It's how we react to stress that determines if it will have a harmful impact on our health and well-being. Learn helpful tools and techniques to become more resilient to stress at home and at work.

Early registration is recommended. Space availability is on a first come, first served basis.

First Choice Health[™]

Healthy Employees. Healthy Companies.[™]

Workplace deadlines. Family conflicts. Stress is a part of life, but it doesn't have to rule it.

You can't avoid stress completely, but you can learn ways to manage your reaction to it.

YOUR WORK LIFE/EAP PROGRAM CAN HELP:

- ✓ Call us for support
- ✓ Resources to help you reduce the pressure
- ✓ 48 online articles on managing stress
- ✓ Skill Builder and Audio Trainings



CALL OR VISIT US ONLINE TO FIND INFORMATION ON LEADING A STRESS-FREE LIFE.

TOLL-FREE: (800) 777-4114

WEBSITE: www.FirstChoiceEAP.com



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