

SOCIAL WORK,  
MAAPs, DMH  
EARN 1 CE

# FREE WORKSHOP

STRESS MANAGEMENT AND FINDING WORK-LIFE BALANCE



**15** DEC  
2022  
via ZOOM

**12 PM**  
|  
**1 PM**

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**How is stress defined? How do experiences like stressful events, heightened emotions, and work-related stress cause psychological and physical problems? This training will focus on stress and eustress (bad stress and good stress) and how to create the elusive work/life balance.**

## OBJECTIVES

1. At the end of this training, participants will have a basic understanding of how to identify the parts of the nervous system responsible for the physiological and psychological stress response, as well as the key neurotransmitters and hormones involved.
2. At the end of this training, participants will have a basic understanding of Lazarus's transactional view of stress, with emphasis on the role of an individual's appraisals in the stress process.
3. At the end of this training, participants will have a basic understanding of how to create work/life balance in almost any work environment.

## CONTACT

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## REGISTER NOW

<https://bit.ly/3RdWrnj>

