

Monthly WEBINAR

Employee Assistance Program
December 2024

1hr
WEBINAR

Strategies for Stress Relief

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The responsibilities of modern living can be overwhelming, and it is possible to learn techniques and strategies to manage and relieve stress.

In this seminar, we will talk about the symptoms of stress, how they manifest in day-to-day life and ways to effectively manage stress. The goal of this seminar is to help every participant develop willingness to employ at least one new strategy towards feeling less stressed.



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