



Coping with Stress Webinar Series

Stress is the physical and emotional pressure, tension and strain people feel when they experience difficult and frustrating situations, whether big or small. Because stress is a natural reaction to such situations, it is impossible to avoid, but you don't have to let it overwhelm you.

Too much stress can become a serious problem in a number of ways. Emotionally, feelings of panic, anxiety and helplessness are common for people under too much pressure, as are fatigue and depression. Stress also can cause or contribute to the occurrence of many physical ailments, including high blood pressure, headaches, an upset stomach, ulcers, insomnia, obesity, a weakened immune system, heart disease and stroke. The following resources can help you understand and control stress, instead of letting it control you.

Webinar Series

Tools to Handle Stress

Wednesday, Nov. 2, 11:30 a.m. - 12.30 p.m.

Learn a new approach to understanding stress and how to keep it from becoming a problem.

[Register here](#)

Stress: A Way of Life or a Fact of Life

Wednesday, Nov. 9, 11:30 a.m. - 12.30 p.m.

Stress affects everybody, but the effects don't have to be damaging. Learn coping techniques that will help you harness the positive effects of stress.

[Register here](#)

Laughter, Humor and Play to Reduce Stress and Solve Problems

Wednesday, Nov. 16, 11:30 a.m. - 12.30 p.m.

You don't have to be a professional comedian to use humor to lower stress levels. This training offers practical ways to incorporate humor and play into everyday situations.

[Register here](#)

More Tools from your GuidanceResources® Program

[Stress Questionnaire](#)

[10 Tips for Dealing with Stress](#)

[Relaxation Tips and Techniques](#)

[Unplug and Recharge](#)

[Mindfulness and Relaxation Toolkit](#)

[Mental Health Awareness Toolkit](#)

Here when you need us.

Call: 844.266.0707

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For direct access to GuidanceResources® Online, go to www.norfolkhealthcareconsortium.com, select your employer and then select the Employee Assistance Program (EAP) link from the left menu.

