



# Restore Harmony and Reduce Stress When Life Gets Crazy



## WHAT YOU WILL COVER

- ★ Learn about the lighter side of stress.
- ★ Take a burn out assessment survey.
- ★ Know the difference between good stress and bad stress.
- ★ Recognize the symptoms of stress and burn out.
- ★ Understand how stress affects our productivity

## HOW YOU WILL BENEFIT

- ★ Learn nine steps to keep stress under control and to revitalize you.
- ★ Learn the three questions to ask yourself to control your stress.
- ★ Understand ten easy steps to avoid the morning rush.

Stress...the Silent Killer, can destroy the people we often times refer to as our "Human Resources". All of us, whether at our work or in our personal lives, are under stress to produce, abide by rules, and exist compatibly both on and off the job. Learn to deal with the stresses in our lives so as to be healthier and more effective. The demands on our time today are some of the highest they have ever been – work (bosses, co-workers, customers), family (spouses, children, aging parents), society (news, social media), and more.

Although the boundary between workplace and personal stress can be difficult to pinpoint, workplace stress can aggravate personal stress and vice versa. Caring about and taking steps to improve you and/or your employees' overall well-being can help "Restore Harmony and Reduce Stress When Life Gets Crazy".

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