

Arrest Stress!

Topic Overview

- Defining Stress
- The Difference Between Acute Stress and Chronic Stress
- How Perception Affects Stress Levels
- The Level of Control You Have Over Stress
- Measuring Your Stress Level
- Acute Stress Versus Chronic Stress
- The Long-Term Damage of Chronic Stress
- How Stress is Affecting the Workplace Today
- Ways to Prevent Large Amounts of Stress
- Positive Coping Methods
- Adjusting to Setbacks
- The Role of Humor in Stress Management

This is an interactive presentation that includes team activities, open discussion, and a state-of-the-art interactive remote system that heightens learning, increases retention, and adds a fun and competitive element to the presentation environment!

Kimberly Alyn

800-821-8116

3591 Sacramento Drive Suite 118 ❖ San Luis Obispo, CA 93401