

# CSI EMPLOYEE HEALTH & WELLNESS SEMINAR



## Topic: Maintaining a Healthy Lifestyle

In the midst of our stressful lives it is often hard to manage the challenge of caring for yourself. The following topics are explored to help employees develop their own action plan to achieve the goal of maintaining a healthy lifestyle:

- Adaptive methods of coping with stress: exercise, nutrition, balancing life, cognitive changes.
- Obstacles to achieving a healthy lifestyle.
- Re-framing your thinking.
- Being realistic about creating personal change.
- Ways to set personal goals and encourage self.
- Smoking Cessation

**Date:** Monday, April 11, 2011

**Time:** 12:00pm-1:00 pm

**Location:** Green Dolphin Lounge, Building 1C

**RSVP:** [humanresources@csi.cuny.edu](mailto:humanresources@csi.cuny.edu) by April 6<sup>th</sup>

**Presented by Corporate Counseling Associates, CUNY's Employee Assistance Program (EAP)**