

CSI EMPLOYEE HEALTH & WELLNESS SEMINAR



Topic: Stress Management

Stress has become a normal part of our everyday life and has a significant impact on our physical, mental, and professional well-being. This popular seminar provides an overview to help employees identify what stress is, how they experience it, and how to develop positive coping skills:

- Examine stress related responses.
- Define work and personal stresses.
- Identify current methods of coping.
- Develop adaptive methods of coping.

Date: Monday, April 11, 2011

Time: 1:15-pm-2:15 pm

Location: Green Dolphin Lounge, Building 1C

RSVP: humanresources@csi.cuny.edu by April 6th

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