DEER OAKS EAP SERVICES

2022 STRESS MANAGEMENT WEBINAR SERIES

Deer Oaks EAP Services, your Employee Assistance Program (EAP), presents this quarterly webinar series designed to provide employees with the knowledge and skills necessary to cope more effectively with stress so they can live healthier and more productive lives.

How to Become More Resilient During Challenging Times

During these unprecedented times, employees have been faced with many stressful challenges. Increasing their resilience can be a key strategy to successfully coping with and managing the stress and pressure they face. This timely session discusses several approaches that can help employees to increase their resilience and maintain their health and effectiveness day to day.

Date/Time: Monday, January 24th 1:00 – 2:00 PM CT **REGISTER HERE**

Managing the Stress of Relationships

This session discusses the stress caused by relationship challenges in our lives and suggests several strategies for improving the quality of our relationships to reduce both stress and conflict.

Date/Time: Monday, April 25th 1:00 – 2:00 PM CT **REGISTER HERE**

Finding Balance in a Fast-Paced World

This timely presentation is designed to help employees gain valuable insight into the emotional and physical problems that can occur when they let their lives get out of balance. The session also covers several practical strategies that employees can utilize to restore balance and live happier, healthier, more productive lives.

Date/Time: Monday, July 25th 1:00 – 2:00 PM CT **REGISTER HERE**

Managing the Stress of Time and Competing Priorities

This presentation is designed to help employees recognize how personal organization and use of time contribute to stress levels, while offering practical approaches to prioritizing efforts and maintaining focus on the most important activities in their lives to reduce stress and increase effectiveness.

Date/Time: Monday, October 24th 1:00 – 2:00 PM CT **REGISTER HERE**