



PROFESSIONAL DEVELOPMENT

Managing Your Stress: Solving the Puzzle of Stress

Stress-related health issues are on the rise in Canada. Why is it that some people fair better than others in stressful situations? Attend this workshop to help improve your own stress reactions and also gain some useful insight into how to communicate with those around you in stressful situations.

This workshop covers the following:

- understanding stress triggers
- identifying and managing your stress reaction
- communicating through stressful situations
- mindfulness and stress reduction

Duration:
**Half Day
Workshop**

Date: _____

Time: _____

Location: _____

Last Revision: January 2013
www.phchf.com

WORKSHOPS | Your Portable
on **DEMAND** | Workshop Series

 **Peel/Halton**
Co-operative Housing Federation