



# 2021 STRESS MANAGEMENT WEBINAR SERIES

## HOW TO BECOME MORE RESILIENT DURING DIFFICULT TIMES

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

→ [View Recording](#)

## HOW TO HANDLE EXTREMELY STRESSFUL CIRCUMSTANCES

This important session will discuss several strategies for handling the extremely stressful circumstances (trauma, loss, significant changes, etc.) that we experience at times in our personal or professional lives. These strategies include managing our thinking and emotions, increasing our resilience, and making necessary adjustments.

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## MANAGING THE STRESS OF TIME AND COMPETING PRIORITIES

This presentation is designed to help individuals recognize how personal organization and use of time contribute to stress levels. The presentation will offer a practical approach to prioritizing efforts and maintaining focus on the most important activities in our lives to reduce stress and increase our effectiveness.

→ [View Recording](#)

## MANAGING THE STRESS OF THE HOLIDAYS

The holidays are a joyous time for many but can come with additional activities and responsibilities that can be quite stressful. This practical presentation will provide several helpful tips and strategies for managing our stress and keeping our lives in balance during this important season.

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