



STRESS MANAGEMENT

Wednesday,
Sept. 15th, 2021

10:00am – 12:00pm

The Franklin Township
Public Library System

Speaker: Jan Goodman

Community Outreach
Specialist/Career Coach

Greater Raritan One-Stop Career
Center Training Services

This workshop will be delivered in a
Zoom format. You must have Zoom
loaded on your computer to participate.

Today's workforce is experiencing job burnout and stress due to unemployment in epidemic/pandemic proportions. People are stressed out, insecure and fearful of the future. The demands of financial stress, combined with the demands of home, have become too much for people to handle. This workshop explores the causes of such stress and suggests general and specific stress management strategies that people can use daily.

What Will be Covered:

- Defining Stress and How It Affects Us?
- The Underlying Causes of Stress
- Building a Solid Foundation
- Mental Strategies.
- Time Management Tips
- Drainers and Fillers

How You Will Benefit:

- Understand that stress is a positive, unavoidable part of everyday life.
- Recognize the symptoms that tell you when you have chronic stress overload.
- Identify those situations in your life that cause you the greatest stress.
- Identify those actions which add to your stress.
- Change the situation and actions that can be changed.
- Deal better with situations and actions that cannot be changed.
- Create an action plan to help reduce and manage stress.

Preregistration is required for this Virtual Zoom Workshop.

To preregister, please go to: events@franklintwp.org
to reserve your spot.

This program is sponsored by the Greater Raritan One-Stop Career
Center and the Franklin Township Public Library System.



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