



### HOW TO CHANGE YOUR PERSPECTIVE TO BETTER COPE WITH STRESS

This practical session will discuss strategies for managing the way we look at and think about the stressful situations in our lives to improve our stress management capabilities and coping skills.

When: Mon., 3/25/2024  
1:00 - 2:00 PM CT

[LINK: REGISTER HERE](#)



### STRESS & ITS IMPACT ON YOUR HEALTH

A practical look at the effect stress has on individuals mentally and physically, along with helpful strategies for listening to internal alarm systems and proactively implementing stress management techniques that can improve health and productivity.

When: Mon., 6/10/2024  
1:00 - 2:00 PM CT

[LINK: REGISTER HERE](#)



### HOW TO BECOME MORE RESILIENT DURING STRESSFUL 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.

When: Mon., 9/23/2024  
1:00 - 2:00 PM CT

[LINK: REGISTER HERE](#)



### 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 session will provide several helpful tips and strategies for managing our stress and keeping our lives in balance during this important season.

When: Mon., 11/25/2024  
1:00 - 2:00 PM CT

[LINK: REGISTER HERE](#)

## 2024 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. Use the above registration links to register for the live sessions. Employees will also have unlimited access to the session recordings.