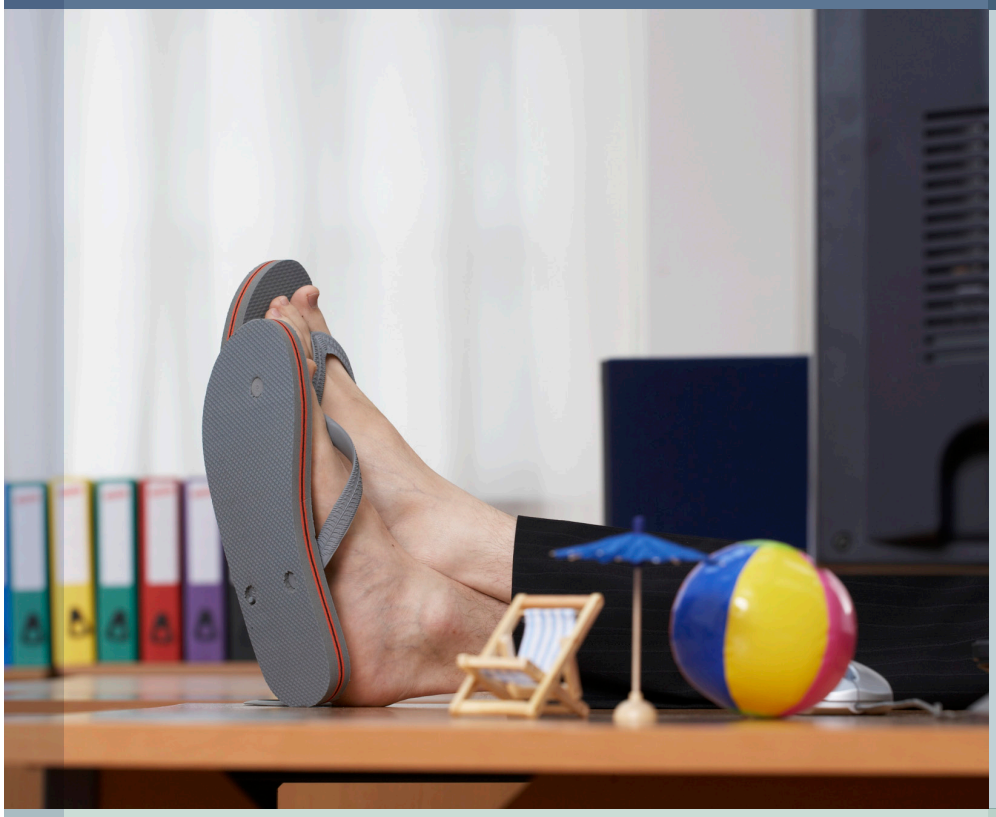
NYS Balance
Resources for Work & Life

FOR NYS EMPLOYEES

www.nysbalance.ny.gov

NOVEMBER: STRESS MANAGEMENT

Becoming More Resilient



MONTHLY WEBINAR

Preventing Burnout

Thursday, November 17, 2011
12:00 p.m. - 1:00 p.m.

Do you know how to identify the signs and symptoms of burnout? Learn helpful methods for taking care of yourself, techniques to manage stress and avoid burnout, and jumpstart your enthusiasm for life.

REGISTER IN ADVANCE FOR THE WEBINAR

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

Stress. You can't always avoid it, but you can develop tools to handle it. Resilience describes the process of coping with stressful situations and problems, and then growing and moving on from them.

NYS-Balance can help you foster the resilience you need to cope. We have tips on healthy communication, problem solving, goal planning, and other traits of resilient people. Call or log on to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

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life less complicated

To access the service, contact your Human Resources Officer or EAP Coordinator for the website log-in information or the toll-free number.