

DECEMBER: HOW MUCH IS TOO MUCH?

Being resilient to stress

MONTHLY WEBINAR

Self-Care: Remaining Resilient

Thursday, December 18, 2014
12:00 p.m. - 1:00 p.m.

We've all heard the basics on how to deal with stress, but have we fully committed to implementing these in our lives? Learn the benefits of self-care to become resilient to stress.

BE SURE TO REGISTER IN ADVANCE

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

Resilience describes the process of coping with stressful situations and problems and then moving on from them. You can't always avoid stress, but you can develop tools to handle it. Strong relationships, good communication and problem solving skills, the ability to make plans, and a positive outlook are all traits of resilient people.

Call or visit us online to get started.

Please contact your Human Resources Office, EAP Coordinator, or Work-Life Services at worklife@goer.ny.gov for the username and password to access this website or for the toll-free number to call NYS-Balance.

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

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