

DATE: DECEMBER 4, 2008

# STRESS MANAGEMENT

- “Make choices that assure your success!” is the motto of this workshop. Stress can make or break a person, impact families, friends, and co-workers. When stress isn’t managed it can cause serious problems of a physical or emotional nature. This workshop will put you on the path of
- better stress management. We will define stress, identify common stressors, and receive ready-to-use resources to combat and relieve stress.

Location: Campus Center

Room 148

TIME: 10:00—12:00

**How to Register**

To register online for this opportunity, access the HRA website at [www.hra.iupui.edu](http://www.hra.iupui.edu). Click on “Training & Organization Development”, then click on “Register for Workshops”. Now click on the upper right where it says “SignUp HR click here to login”. If you have questions or need assistance please contact us at [hratrg@iupui.edu](mailto:hratrg@iupui.edu) or 274-4438.