



Member training:

How to Better Manage Stress



April featured training

How to Better Manage Stress. In this program, participants will learn to identify the stressors in their lives and understand the impacts. Focus is placed on the use of positive coping mechanisms to reduce the negative effects of stress. Attendees will have an opportunity to practice relaxation exercises.

Participants will:

- Examine personal values and choices.
- Learn skills for managing multiple demands.
- Assess your current state of balance and stress.
- Identify resources that can be used to meet needs.
- Explore ways to better balance the conflicting demands of life.

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p>Recorded sessions On demand (no Q&A)</p> <p><u>Watch here</u></p> <p>Short on time? Watch the 10-minute summary <u>here</u></p>	<p>8th April 7-8 AM CDT (with Q&A)</p> <p><u>Register now</u></p>	<p>9th April 1-2 AM CDT (with Q&A)</p> <p><u>Register now</u></p>	<p>9th April 1-2 PM CDT (with Q&A)</p> <p><u>Register now</u></p>	<p>11th April 11 AM-12 PM CDT (with Q&A)</p> <p><u>Register now</u></p>
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Space is limited for the live training session options, so advance registration is required.

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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