

Karen Vadino, MSW, LPCC, OCPSII

4661 Logangate Rd. • Youngstown, OH 44505

Phone (330)759-7024 • Fax (330)759-7095

E-mail [Ksvadino@sbcglobal.net](mailto:Ksvadino@sbcglobal.net)

## “All Stressed Up and No One To Choke”

This stress management workshop is designed to help participants recognize stressors, become aware of their own personal stress level and discover some healthy, effective methods to reduce stress. Time management and humor are discussed as methods for effective stress management. Concepts presented in this workshop are applicable to all levels within an organization. The strategies discussed can provide appropriate interventions to help meet the needs of vulnerable adults.

Goal: To learn what stress is, how it affects our lives and healthy ways to manage it.

### Objectives:

1. To increase awareness of stressors in our lives.
2. To realize the significance of our attitude on our stress level.
3. To become aware of our own stress levels.
4. To become familiar with effective methods of stress management.
5. To prepare a plan for personal stress management.

### Outline:

- I. Definition of Stress
- II. Signs and Symptoms of Stress
- III. Techniques for Managing Stress
  - A. Time Management
  - B. Humor
- IV. Personal Stress Management Plan