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## Stress Management Workshop

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Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. Participants will be shown how stress can be positive and negative, and will look at the Triple A approach that will form the basis of this workshop.

The **Stress Management Workshop** will give participants a three-option method for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system. They will also understand what lifestyle elements they can change to reduce stress.

### Workshop Objectives:

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- Identify the best approach to a stressful situation (Alter, Avoid, or Accept)
- Understand what lifestyle elements you can change to reduce stress
- Use routines to reduce stress
- Use environmental and physical relaxation techniques
- Better cope with major events
- Use a stress log to identify stressors and create a plan to reduce or eliminate them

For more information or to schedule this workshop please contact McField & Associates Inc. at 815-909-4199 [mcfieldassociates@att.net](mailto:mcfieldassociates@att.net) or visit us at [www.mcfieldassociates.com](http://www.mcfieldassociates.com)

