

# ***Stress Management***

Description: Learn to “chill out” and manage whatever life brings your way.

See also *Time Management*

What you will learn:

- ◆ Understanding stress and its symptoms in the workplace
- ◆ Ten steps to maintaining mental fitness
- ◆ The stages of stress
- ◆ Strategies for managing stress

Textbooks/materials: Managing Stress for Mental Fitness (Raber, Dyck)

Michigan Works  
Service Center  
Locations/Times:

***PH MC CT R***  
1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
9:00 a.m. to 10:00 a.m.

Code: PO21 (PH)  
Code: PO22 (MC)  
Code: PO23 (CT)  
Code: PO24 (R)