

# **Stress Management:**

## **6 week progressive learning series**

Research shows when companies invest in their employees' wellbeing it increases their engagement, productivity, and retention. Every employee has a life outside of the workplace and with that comes the stressors that keep them from operating 100% when at the office. *With this progressive, fast-paced learning format, each week's material builds on the last so that participants can gain a deeper understanding of their personal strengths, focus, priorities, values, to best enhance their personal and professional effectiveness.*



### **Week 1: The Five Essentials of Wellbeing**

In this first week, participants will explore *The Five Essentials of Wellbeing*, and develop a clearer and deeper understanding of their career, community, social, physical and financial priorities.

### **Week 2: Developing your Mission Statement**

Identify and develop focus through value's clarification and the development of a Mission Statement—two vital activities that help participants move forward with their personal and professional effectiveness.

### **Week 3: Stress Less**

Is it true that what doesn't kill you makes you stronger? Or is stress always debilitating? Join us to learn some of the newest research regarding the impact of stress on your productivity, your health, and your relationships. You will also learn how to tailor some simple "stress less." strategies.

### **Week 4: Thriving in Chaos**

You can't "manage" time. However, you can manage yourself and the amount of skill, attention, and effort you devote to any given task. During this program, you will learn how to effectively manage your own behavior, and discover how best to leverage the resources you have in order to accomplish what is truly important to you.

### **Week 5: The Psychology of Food Choice and Stress**

Why do we eat certain foods? Why we are drawn towards certain foods during times of stress? This session will help to dispel myths about food cravings.

### **Week 6: The Psychology of Money and Stress**

Our Wellbeing is wrapped up in the 5 essentials introduced earlier. So with that understanding, we take a deeper look at the Psychology of our spending. We will explore more healthy ways of looking at your financial situations, and discuss how to make small changes in this area to increase your overall Financial Wellbeing.

Contact Best Care EAP to learn more about this seminar series and how it can work for your organization. Email [eap@bestcareeap.org](mailto:eap@bestcareeap.org) or call **402-354-8000** or **800-801-4182**.

