

## Creating & Maintaining Life Balance

**Length:** 1 Day

**Summary:** How has stress affected you in the past? Have you had to take time away from work or your family because you have felt stressed out? You, like millions of others, may have difficulty managing stress in your life. Fortunately, there are techniques you can use to better manage stress, and possibly even lessen the amount of stress you encounter on a daily basis. In this course, you will learn ways of improving your well-being and methods of handling stress in an effective and productive manner.

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### COURSE CONTENT

#### MEASURING STRESS

- The Cost of Stress
- Assess Your Level of Stress

#### SIMPLE SOLUTIONS FOR STRESS

- Ways to Combat Stress

#### STRESS-RELIEVING HABITS

- Get Positive About Life
- Develop Good Working Habits
- Plan Your Life

#### DEVISING A STRESS CONTROL PLAN

- Be Assertive
- Improve Your Behavior
- Develop a Stress-Busting Plan