



Program Description

"UNEASE!"

Getting Rid of Stress and Burnout

According to nationwide office productivity study conducted by Xerox and Harris Interactive in 2003, most people work over 60 hours a week total, and over 33 percent work on weekends. The "faster, cheaper, do more with nothing" approach has created a workplace where workers are always in high gear. This work style reduces productivity and increases stress. Stress is also a known factor in 70 percent of all diseases, so people must learn to reduce tension. This program teaches stress-reduction strategies for professionals who are pushed to the limit everyday. Regain the stamina you need to perform at your peak!

Course Objectives

1. Discover the sources of your stress.
2. Take personal responsibility for your own stress level.
3. Control your stress and emotions by controlling your thinking.
4. Become a positive thinker with a great attitude.
5. Learn how to keep stress from affecting your productivity at work.
6. Work methodically, so you don't feel hurried, rushed, or tense.
7. Have a good sense of humor and take things lightly.
8. Keep stressful events or difficult people from bothering you.
9. Control your temper at work and stay calm when angry.
10. Flourish in the face of constant changes in your life without getting anxious.

