

# **I Am Sooooo Stressed Out!**

*Stress Management for Professionals*

What does dessert and Elvis Presley have to do with stress management? Everything!

Everyone faces stress. It's a fact of life. What you do with it makes the difference between enjoying your life or resenting it, between being challenged or being overwhelmed. The demands and the pace of our busy lives pressure us all. Some master it and some do not. The trick is to take back control!

In this dynamic, unconventional, and entertaining session, we will address the subject of stress from a refreshing common sense point of view. Helping you learn how to function *with* stress, as well as how to reduce it. You'll learn how to feel better about yourself and become less vulnerable to stressful situations. At the same time you will learn to lighten up and see the humor that is all around us!

*Some of what the participants will learn:*

How to identify the "good" stress and "bad" stress

Understanding our optimal stress

The answer to two key questions to manage any stressful situation

Have a guaranteed, sure fire way to turn your love of dessert and the King of Rock and Roll into a practical, real world way to control your stress!