

State of Rhode Island Employee Stress Management Program

About the Program

This 3-part, 30-minute employee stress management program will provide an opportunity for participants to identify and discuss personal sources of stress. The program will teach participants how to use healthy coping strategies and relaxation techniques to reduce everyday stressors. The program will be presented by **LifeWatch**.



Session I

- Define stress: positive and negative
- Understand the physical and emotional effects of stress
- Practice relaxation techniques

Session II

- Identify sources of personal and work-related stress
- Identify and discuss personal stress triggers
- Practice relaxation techniques

Session III

- Recognize and discuss coping strategies
- Develop personal strategies for stress management
- Practice relaxation techniques



This program will be available at locations throughout the state and employees are welcome to attend sessions at any location. A schedule is posted on the Get Fit, Rhode Island website at <http://www.getfitri.ri.gov> .

Attend all 3 sessions and your name will be entered into a drawing to win a 3-month YMCA membership. If you have questions about the Stress program please call 401-222-6270