



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de notre santé



Employee Assistance Centre

# STRESS MANAGEMENT

Workshop

**Facilitated by Pat Barter-Cook, MA, EAP Counselor**

Stress is a popular topic of conversation for many of us. We talk about how we are 'feeling stressed out', about what factors are 'causing stress' and of being 'under stress.' However, our experience of stress is not in itself an external factor - it is our internal reaction based on our resources and situation. Although stress can be difficult to manage effectively, it can also be a motivator for us to achieve within our deadlines.

This workshop explores:

- Stress management techniques
- Positive work environment characteristics
- Ways of managing change

By exploring these points in an interactive discussion, participants will gain a better understanding of their own stress reactions, and new ways of coping.

**LOCATION:** St. Boniface Hospital  
409 Taché Ave  
Room AG002-2

**DATE:** Friday, May 25, 2012

**TIME:** 9:00 am to 12:00 pm

*Opened to  
all staff*

**To Register Contact:**

**Employee Assistance Centre  
(204) 786-8880**