



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé



STRESS IN THE WORKPLACE

Virtual EAP Workshop

Facilitated by TARA MAGNUS-WALKER, MMFT, BN, EAP Counsellor

Stress is a common experience for all of us, and each of us reacts differently to it. Stress can help motivate us to achieve our goals and meet our challenges, particularly in the workplace. If we find ourselves unable to cope with stress, however, or if we become overwhelmed by it, it can impact our mental and physical well-being. For this reason, it is important to understand and manage stress, before it takes control of our lives. Through interactive discussion, this workshop will help participants gain a better understanding of their own stress experience and learn new ways of coping.

The following topics will be explored:

- Understanding stress
 - Risk and protective factors
 - Common sources of stress
 - Positive and negative
 - Workplace stress
 - Signs of stress
 - Physical, emotional, cognitive, behavioural
- Assessing your stress
 - Questions to consider
- Managing your stress
 - 25 strategies
 - Positive workplace characteristics

**Opened to
all staff**

LOCATION: *Please note that this session will be delivered virtually. Participants will receive a Zoom meeting link via email prior to the session. You will need to have a computer or device with audio to participate.

DATE: Wednesday May 18th, 2022

TIME: 1:00 – 4:00 pm.

Visit the [LMS](#) to register

<https://sharedhealthmb.learnflex.net>

Search for: WRHA – EAP – Stress in the Workplace