Stress is an inevitable and necessary part of life. When job pressures match our abilities and resources, stress helps to motivate us to achieve our goals. However, when we have difficulty managing our stressors it affects our ability to be productive and may start to impact our emotional health, relationships and home life. In this training, participants will learn the common causes of workplace stress and techniques to manage these stressors.

**Wednesday, April 28, 2021**

**12:00 - 1:00 p.m.**

**Registration:**
Advanced registration is not required. To view and listen to the live webinar, go to [bit.ly/3qzUjtG](http://bit.ly/3qzUjtG) on the day of the event.

- Event Number: 132 170 8206
- Event Password: 5jMdgGNmb2
- United States Toll: +1-408-418-9388
- Access code: 132 170 8206

The training will be recorded and available on the website approximately two to three weeks after the live event. To view past trainings, go to [eap.calhr.ca.gov](http://eap.calhr.ca.gov). Under Explore Services, click on the program tile for Webinars and Workshops to access the individual training recording, slideshow and handouts, if applicable.

**Learning Objectives**
- Describe symptoms of and responses to stress.
- Learn stress reduction techniques you can use at work and at home.
- Develop an action plan for changing your response to stressors.

**Who Should Attend?**
- These workshops are free to state employees.
- Before planning to attend, employees should ensure supervisor’s approval.
- Please provide two weeks notice for special accommodations.