“I Stress, Eustress, We All Stress”

Presented by: Lane Johnson

Gulf Bend Center

Three Sessions Available:
April 4\textsuperscript{th} 2016 @ 1pm – 3pm
April 11\textsuperscript{th} 2016 @ 1pm - 3pm
April 18\textsuperscript{th} 2016 @ 1pm - 3pm

120 S. Main, Victoria
5\textsuperscript{th} Floor Meeting Room

WORKFORCE SOLUTIONS

The Father of Stress Management Theory, the crucial thing is not what happens to us, but how we react to it. Stress in life is inevitable. How we manage it depends more on what we do next rather than what happens to us. Stress management is an internal power we all have. It is driven by us, and not by those external people, places, or things. This workshop will teach you how to manage your life even in the face of turmoil and chaos.