

# Stress Management and Resiliency Training

## 2-Part Series



Got **Stress?**

**Enroll Now!**

Stress Management &  
Resiliency

Part I  
November 3rd  
9-12:00 pm

Part II  
November 10th  
9-12:00 pm

## Did you know?

**Chronic stress** can lead to:

- ◇ Headaches and fatigue
- ◇ Frequent Colds or Flu
- ◇ Sleep Problems
- ◇ Stress-related diseases including obesity, hypertension, irritable bowel syndrome and some cancers
- ◇ Feelings of frustration and general anxiety
- ◇ 'Fuzzy Thinking' and poor memory
- ◇ Burnout, poor concentration and low energy at work

## Did you also know?

Developing **stress resiliency** can empower you to:

- ◇ Reduce muscle tension and chronic pain
- ◇ Strengthen your immune system, lose weight, and improve your overall health and wellness
- ◇ Thrive in and enjoy a challenging work environment
- ◇ Live and work harmoniously and productively with the people around you
- ◇ Challenge negative thoughts and emotions like self-criticism, anxiety and fear, and transform them into sources of rational, positive thinking
- ◇ Strengthen the social support networks and buffers against stress that will help you cope with situations you cannot manage
- ◇ Optimize "brain power," increase longevity and improve your quality of life

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