

Managing That Darn Stress

Tuesday, September 17, 2013

Noon to 1

AD 131 (West Windsor campus)



A light lunch will be provided so please

RSVP to gasparrd@mccc.edu or

609.570.3354 to reserve your space

Stress is a physical, mental and emotional response to life's changes and demands. It happens to the best of us and sometimes it's even helpful. Eustress is the positive stress that helps us do better, be prepared and perform under pressure.

But if stress happens too often or lasts too long, it can be a problem.

Stress that is not managed can impact your body, your behavior, your thoughts and feelings. Chronic stress has been linked to:

- headaches
- upset stomach
- back pain
- trouble sleeping

It can weaken your immune system, making it harder to fight off illness.

Did I mention high blood pressure, heart attack or stroke?

None of us can escape stress. It's all about how we manage it.

Join us as Bill Rhoads, LCSW LMFT and Linda Kibrick LCSW, LMFT, LCADC help us experience some strategies to take control of our lives and manage our reaction to stress.

Come to the workshop with a picture in your mind of a place that makes you feel calm.

