

Manage Your **STRESS** Before It Manages You

**Satellite Conference and Live Webcast • Thursday, October 23, 2008
2:00-4:00 p.m. (Central Time)**

3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

It's just another day in paradise... up before dawn, get yourself ready for work, get your kids ready for school, get the kids to school, fight traffic, get yourself to work, work with clients, talk with client's families, handle boss, think about eating, fight traffic, get home to help kids with homework, cook dinner, attend children's extracurricular activities, do laundry, get the kids in bed, acknowledge your spouse, pay the bills, prepare for the next day and go to bed just in time to get up and do it all over again in a few hours. I don't know about you, but I'm stressed out just reading this and though your life may not be exactly like this, the fact is every single one of us – young and old – experiences stress everyday. The key to surviving it though, is learning how to manage it.

The everyday grind of our work requirements can take their toll and when you couple that with other demands from our non-working life it's easy to let the stress completely manage the emotional, physical and mental aspects of our lives. It controls our moods, our health and our time. While it's true some amount of stress can be beneficial, especially when it comes to meeting deadlines, too much of it can be unhealthy, not to mention turn you into someone who is no fun.

Even though stressed spelled backwards is desserts, increasing your sugar intake isn't always the best or healthiest coping mechanism. This program will provide some simple techniques that will help you manage stress in a healthy way, which hopefully will lead you to a more relaxed and happier life. And by the way, if you think you've got too much going on at work to join us, chances are you're stressed. So relax, and make this the one thing you have to do during your busy day.

PROGRAM OBJECTIVES:

1. Identify three stressors associated with home care delivery.
2. Identify four effects that unresolved stress has on the body and mind.
3. List two reasons why people eat when stressed.
4. Identify four stress management techniques that can be used at work or at home.

FACULTY:

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CONFERENCE DETAILS:

Target Audience: Home health nurses, home health aides, home attendants and other professionals and family workers who administer and care for patients in the home setting, social workers, anyone who is feeling stressed.

Registration: www.adph.org/alphtn

Cost: There is no cost to view.

Continuing Education: Social Workers 1.75 hours, ABN 2.1 & ASNA 1.8 hours, and Registered Dietitians 2.0

Satellite Technical Information: This program will be a live satellite broadcast on C band (analog).

Webcast Information: This program will be a live webcast. Register at www.adph.org/alphtn To view webcast, you need RealPlayer or Windows Media Player. Test your computer before the day of the program from the "test connection" link at www.adph.org/alphtn

On the day of the program, go to www.adph.org/alphtn & click on the "view webcast" link.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Questions For Faculty: Fax or email questions and a response will be given during the program.

Email: alphtnquestions@adph.state.al.us • Fax: 334-206-5640.

Conference Details Questions: Call: 334-206-5618 | Email: alphtn@adph.state.al.us