

# Managing **STRESS** in a Competitive Work Environment



Barbados Chapter

## **Don't miss this Blowout Sale!**

- ACHEA polo shirts - BDS\$10. Various colours and sizes available.
- Conference bags - BDS\$20.

Items available for purchase at the workshop or contact [acheabarbadoschapter@gmail.com](mailto:acheabarbadoschapter@gmail.com) or call Monica Masino at 242-1079.

**Does this topic relate to you?**

**Do you want to learn how to manage your stress?**

**Do you know someone who is not managing stress well?**

**Do you want to know how managing stress benefits you?**

**Do you want answers to these questions?**

**Then join us on ....**

**Date:** February 17, 2016

**Where:** LR8, Clico Building, Cave Hill Campus

**Time:** 6 pm – 8 pm

**Presenter:** Mr. Sydney Arthur, M.A., B.A

**All are invited, come see and learn how to :**

- *Appreciate the difference between the terms 'stress' and 'stressors'.*
- *Identify the common causes of job stress.*
- *Understand the mechanisms through which stress damages the body.*
- *Appreciate the extent to which you are under stress.*
- *Identify and understand any symptom(s) of stress.*
- *Identify and apply stress reduction and stress management techniques*