

# Tools to Handle Stress

## Overview/Description

This Stress Management course focuses on specific, practical activities to reduce stress. Whatever happens to be causing your stress, these techniques can help you cope.

## Target Audience

Anyone who would like to review some common stress reduction techniques that they may not have tried in a while.

## Expected Duration

45-60 minutes

## Workshop Objectives

By the end of this workshop, you will know techniques to reduce stress such as:

- Being Accountable: We often have choices we can make to reduce the causes and impact of stress.
- Engaging in Hobbies: We may be able to prioritize activities that renew us.
- Remembering Past Successes: We can focus on how we have survived previous stressful situations.
- Taking Breaks: Stepping away from a stressor can help us return to it in a more effective way.

**[Click here to register for this webinar.](#)**