NYS Balance
Resources for Work & Life

FOR NYS EMPLOYEES

www.nysbalance.ny.gov
Username: nys • Password: balance

MARCH: FEELING THE PRESSURE?

Learning the Art of Stress Management

MONTHLY WEBINAR

Building Resiliency 101

Thursday, March 21, 2013
12:00 p.m. - 1:00 p.m.

It's how we react to stress that determines if it will have a harmful impact on our health and well-being. Learn helpful tools and techniques to become more resilient to stress at home and at work.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

Workplace deadlines. Family conflicts. Stress is a part of life, but it doesn't have to rule it. You can't avoid it completely, but you can learn ways to manage your reaction to it. Your NYS-Balance program is available any time for support and resources to help keep you from feeling the pressure.

Call or visit us online to find information on leading a stress-free life.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

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life less complicated

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