

# Stress Management Workshop

Tuesday, March 12, 2019 @ 4:30 pm

Hesperia RRC  
9329 Mariposa Rd, Ste 215  
Hesperia, CA 92344

## Stress Reduction Activities to Use at Work, Home, and with Students

Every day we are faced with challenges that could alter our day or even our week. Sometimes these things can cause stress in our lives and we need to find ways to decompress while at work. Hard work should not be synonymous with stress because eventually our personal lives are affected. You can become more productive by eliminating the stressors, so you can enjoy your job and your family. We will explore different methods and tips you can use to relax at work and at home. As we all know, students also feel the stressors of the day and we will also share activities you can use with your class. After this session, you will have a bag of options to control the stressors and in turn find peace at work

**Space is limited so please**

**RSVP!!!**

**[jlomeli@cta.org](mailto:jlomeli@cta.org)**

**Or**

**(760)244-2239**