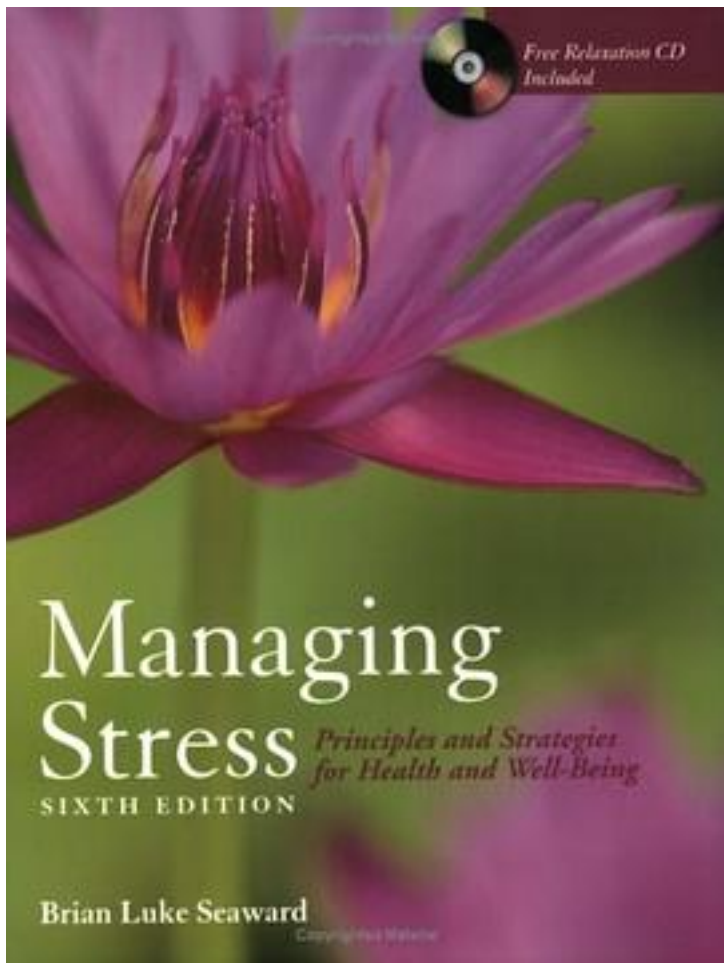


Managing Stress



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Stress in the workplace can?t ever be completely eliminated, but it can be managed so that you can function in a healthy and effective way. Managing Stress will give you practical, hands-on suggestions for managing workplace stress, from short term fixes

to long-term methods for changing the situation and or changing your response to the situation.

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