



**Member training:**

**How to Manage Stress Better**

**April featured training**

**How to Manage Stress Better.** In this programme, participants will learn how to identify the stress factors in their lives and understand the impact they have. The focus is on the use of positive coping mechanisms to reduce the negative effects of stress. Attendees will have the opportunity to practise relaxation exercises.

**Participants will:**

* Examine their personal values and choices.
* Learn skills for managing multiple demands.
* Assess their current state of balance and stress.
* Identify resources that can be used to meet their needs.
* Explore ways to find a better balance between the conflicting demands of life.

Register for a live 1-hour training session or use the on-demand option to watch the training when it’s convenient for you. The training session options are in English and are available globally.

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| **Recorded sessions**On demand(no Q&A)**[Watch here](https://optum.webex.com/webappng/sites/optum/recording/8744409ea352103cbff500505681cb2d/playback)****Short of time?**Watch the 10-minute summary  **[here](https://optum.webex.com/webappng/sites/optum/recording/2028bde9a28c103cb07f005056812cba/playback)** | **8th April**1-2 PM BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI0000008QuzYAE) | **9th April**7-8 AM BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI0000008R7tYAE) | **9th April**7-8 PM BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI0000008RHZYA2) | **11th April**5-6 PM BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI0000008RRFYA2) |

**Space is limited for the live training session options, so advance registration is required.**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency

services phone number if you are outside the United States or go to the nearest A&E. This programme is not a substitute for care provided by a doctor or other professional. Due to the potential for a conflict of interests, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g. their employer or health insurance scheme). This programme and all its components, in particular services to family members under the age of 16, might not be available in all locations and are subject to change without prior notice. The experience and/or educational levels of the Employee Assistance Programme resources may vary based on contractual or country-specific regulatory requirements. Coverage exclusions and limitations may apply.

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