



**Member training:**  
**Get the best of stress**

**April featured training**

**Get the best of stress**

In this training session, participants will get an overview of the basics of stress as well as practical suggestions for coping with stressful situations, like in the workplace. The concept of stress hardiness is also introduced as a focus for healthy stress management. In addition, attendees will get tools to help them reduce stress and understand personal and organisational aspects of stress better.  
  
Participants will:

* Learn ways to respond to stress differently
* Discover how to apply several stress management techniques
* Identify common sources of stress and our reactions to it

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

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| **Recorded sessions**  On demand  (no Q&A)  [**Watch now**](https://optum-au.webex.com/optum-au/lsr.php?RCID=3ae10fdf51935e6443891f7f7777ddec)  **Short of time?**  **Watch the 10-minute summary** [**here**](https://optum-au.webex.com/optum-au/lsr.php?RCID=3bcd9f87ab6a6d7fcd4207083a718f7b) | **17 April**  13:00-14:00 BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006GTr4QAG) | **19 April**  07:00-08:00 BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006GTr9QAG) | **20 April**  17:00-18:00 BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006GTrEQAW) |

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

## Next month’s training will focus on supporting yourself and others who have anxiety. Keep an eye out for registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

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 interest, 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. employer or health plan). This programme and all its components, in particular services for family members under the age of 16, may not be available in all locations and is subject to change without prior notice.  Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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