



**WHAT THINGS REALLY STRESS YOU OUT?**

**WHY DO WE RESPOND SO DIFFERENTLY TO THE SAME CHALLENGES?**

**WHAT CAN WE DO TO STOP STRESS FROM AFFECTING OUR DAILY LIVES?**

**If you are looking for ways to assist in the management of these challenges,**

**We invite you to attend a one hour presentation, conducted by our new EAP provider, Corporate Health Group.**



**The session will assist you to identify sources of stress and frustration in your day to day work.**

**You will leave with some practical self-help strategies and EAP Resources.**

**Session details:**

<b>Date</b>	<b>Campus</b>	<b>Time</b>	<b>Room</b>
Tuesday 18 August 2009	Waite Campus	1130 – 1230 hrs	Charles Hawker Conference Room
Wednesday 19 August 2009	Roseworthy Campus	1130 – 1230 hrs	Richardson Lecture Theatre
Thursday 20 August 2009	North Tce Campus	1130 – 1230 hrs	Council Room, (L7 Wills Building)

**RSVP by 14/8/09**

To assist us to determine numbers, it would be appreciated if you could confirm your attendance by email to Louise Dunn, HSW Specialist, Injury Management & Wellbeing ([louise.dunn@adelaide.edu.au](mailto:louise.dunn@adelaide.edu.au)).

**Further Information**

Should you require any further information, please contact **Louise on 8303 5904.**