**Join Us** 2025 Stress Management Webinar Series


# Managing the Stress

**of Change**

Our constantly changing world creates stress and difficulty for most of us. This important session will provide several techniques designed to help individuals more effectively cope with, and adjust to, the changes in their lives. In addition, the presentation will cover strategies for increasing the overall resilience of the participants.

**When: March 31st, 2025 1:00 – 2:00 PM CT**

# [LINK: REGISTER HERE](https://attendee.gotowebinar.com/register/8845692436446379096)

**2025 Stress Management Webinar Series**

In order for your employees to be eligible to register for this series, four (4) hours will be deducted from your organization’s training bank or may be purchased for an additional fee. Employees will then be able to register for the live sessions and have unlimited access to the session recordings.

**allonehealth.com/deeroaks**

**(888) 993-7650**

**Managing the Stress**

# of Relationships

This session will discuss the stress caused by the relationship challenges in our lives, and suggest several strategies for improving the quality of our relationships to reduce both stress and conflict.

**When: June 30th, 2025 1:00 – 2:00 PM CT**

# [LINK: REGISTER HERE](https://attendee.gotowebinar.com/register/8209372072103600736)

**Finding Balance in a Fast-Paced World**

This timely presentation is designed to help individuals gain valuable insight into the emotional and physical problems that can occur when we let our lives get out of balance. The session also covers several practical strategies that employees can utilize to restore balance and live happier, healthier and more productive lives.

**When: September 22nd, 2025 1:00 – 2:00 PM CT**

# [LINK: REGISTER HERE](https://attendee.gotowebinar.com/register/7767141898342357081)

**Managing the Stress of Time and Competing Priorities**

Designed to help individuals recognize how personal organization and use of time contribute to stress levels. In addition, the presentation will offer a practical approach to prioritizing efforts and maintaining focus on the most important activities in our lives to reduce stress and increase our effectiveness.

**When: December 15th, 2025 1:00 – 2:00 PM CT**

# [LINK: REGISTER HERE](https://attendee.gotowebinar.com/register/6132013076699955034)