

Stress Management for the Healthcare Professional Seminar

Amidst the uncertainty of an economic downturn and an increasingly frenetic work environment, we often find ourselves overwhelmed by stress. These stressors constitute powerful obstacles to professional and personal self-development. The management, not elimination, of stressors is the most realistic approach to stress management. In particular, managing our response to acute and chronic stressors can form a key component of our professional development by enabling us to meet the expectations of our patients and coworkers in a more productive manner. The adoption of stress management skills also can be a powerful complement to eating healthfully and exercising regularly in the quest for achieving optimal personal and professional wellness.

As part of its emphasis on "Caring for the Caregiver," the CHOICE Professional Development Committee has arranged the special seminar "Stress Management for the Healthcare Professional." The seminar will take place Wednesday, Dec. 3, from 9 a.m. until noon, in Building 1680, Classroom 5, at The Park. Dr. Adolph Casal, Director, Children's Consult Psychiatry, Anne Peacock, Director, Children's Family Support Services, and Jeanne Merdek, Peachford Behavioral Health System, will present tips and strategies to manage acute and chronic stress at home and in the workplace.

You must register for the seminar in [Aspen](#). Type "stress" in the searchbox.

The CHOICE Professional Development Committee looks forward to seeing you and to serving your professional development needs in the future.

[Back to News Center >](#)

Autism Day with the Hawks

The Atlanta Hawks are a portion of ticket sale their game against the Pistons to promote autism awareness.

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RCA/Patient Safety and Learn Education Panels

You are invited to RCA Safety Lunch and Learn

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Spa Event Benefiting Autism Center

Make an appointment Azul Day Spa Saturday 13, for the Philanthropic Beautiful event.

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KICKS 101.5 FM Lov Fundraising Broadcast 11, 12

Help the KICKS 101.5 raise enough money to a new ground vehicle for Children's Transport to

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O. Wayne Rollins Ch Opening Celebration

All staff are welcome to the celebration, Dec. 1 p.m.

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Coping with Holiday Lunch and Learn

Whether you celebrate Hanukkah, Christmas, or New Year's Day, the season can be very stressful

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Midnight Madness E Discount Day

Take advantage of your percent employee discount some holiday shopping

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Great Expectations I Shower

Attend the Great Expectations