



P.O. Box 9000

Window Rock, Arizona 86515

Phone: (928) 871-6692 or (928) 871-6691

Fax: (928) 871-7112

Email: Vera.Hyatt@navajo-nsn.gov

Website: www.nstaffdevelopment.navajo-nsn.gov

Progressive Training

DE-STRESS

Training Fee: \$125.00 (plus tax) per person
One Day Training Session

Course Objectives

Many times, there are daily positive and negative stressors that are beyond one's control. One is the only person who can decide how one reacts to challenges. Actually reducing stress in one's life is critical to one's health. Discussions will surround the reasons of stress to help identify the root causes that will help one understand stress. There are many different ways to relieve stress and in this session, the audience will practice various hands-on techniques.



Agenda

- Introduction
 - Defining Stress
 - Reactions
 - Symptoms
 - Ignoring Stress
 - Some Relief
 - Conclusion
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