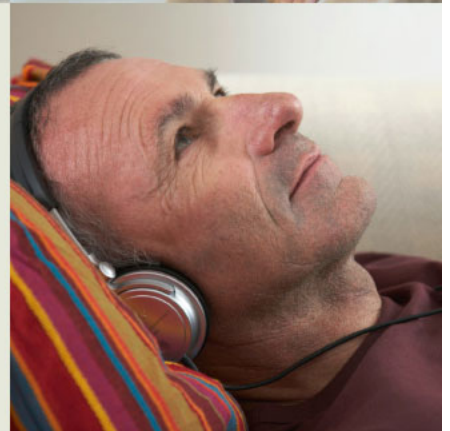


Stress Management



With work deadlines, e-mail overload, and personal and family commitments, the pressure can feel overwhelming at times. For help with stress management, or with the issues that are causing stress, contact your Work/Life Assistance Program.



Any time, any day you can call to speak to a qualified Work-Life Consultant, or log onto your work-life Website for tips, resources and information to help you:



- Be more aware of your own stressors and recognize your stress symptoms
- Identify areas where you can eliminate or reduce stress
- Develop practical strategies to manage pressure
- Tackle stress in a positive, healthy way through diet and lifestyle changes
- Examine ways to achieve a better work-life balance
- Identify useful support services to help with tasks

Call **800-833-8707** or visit **www.cuny.edu/worklife** for assistance anytime, any day.