

# STRESS SERIES

*The Essentials of Stress Management*

*for the employees at The University of Southern Mississippi*

Join the professional staff of Journey Counseling & Consulting, LLC, to develop a personal plan to respond to current stressors. Identify and practice social, physical, intellectual, occupational, and spiritual resources for effective stress management.

**Location- Union Room A**

Tuesday, October 6, 2009: 12:15 p.m.-1:00 p.m.

Dawn M. Leach, LPC

**Stress Busters 101-** Recognize the signs and symptoms of stress, develop a personal plan for managing stress level, and learn practical stress busters to take home today.

Tuesday, October 13, 2009: 12:15 p.m.-1:00 p.m.

Sharon Whitley Stahler, LPC

**A Balancing Act-** Participants will learn to manage multiple priorities using a wellness wheel, learn to edit tasks, and explore options for keeping the plates spinning.

Tuesday, October 20, 2009: 12:15 p.m.-1:00 p.m.

Debra L. Carr, LPC, LMFT

**The problem is ME!-** Identify personal patterns of coping- what works, what doesn't to develop more effective attitudes and behaviors.

Tuesday, October 27, 2009: 12:15 p.m.-1:00 p.m.

Charissa L. Jones, LPC

**Half full-Half Empty?** Finding meaning in the journey and the stops along the way, enjoying detours and the miracles they unfold.

*For more information contact:  
Susan Bone (601)-266-5655 or go to  
[www.journeycounselingconsulting.org](http://www.journeycounselingconsulting.org)  
for more information about  
Journey Counseling*