









# Awareness & Education Course Catalog

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## 2010 Classes: June, July & August

### SM 10x: Stress Management (SM) Courses

Many offerings are available through the JSC Employee Assistance Program (EAP). EAP classes are also provided via the JSC Wellness Program.

**2010 Topics:** Emphasis in 2010 is on Workforce Transition support. The EAP class “Who Ate My Cheese” will be given in June. Workforce Solutions classes are being brought on site in July and August. See the Special Topics (ST) section of this catalog for July and August.

**2009 Topics:** class descriptions are at the end of the catalog. 2009 classes will be repeated again in 2011.

#### **SM105** **June 2010**

#### **Who Ate My Cheese?**

Sometimes you feel like your cheese isn't just moved but gone completely. In addition to stress, big changes create shock, anger and grief. Learn about pragmatic, effective coping and resiliency skills to help navigate big changes in life, as well as strategies for replacing the cheese with even better cheese.





Classes also being given off site: [Click here](#)

#### **Special Topics** **July & Aug 2010**







**A series of classes are being given on site by Workforce Solutions to support the current workforce transition. Please see the Special Topics (ST) section for the course list and descriptions**



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## 2009 Classes: will run again in 2011

### SM 10x: Stress Management (SM) Courses

*Learn what stress is, where it comes from, and what you can do about it. Classes will also include healthy stress reducing activities and cover topics such as sleep and fatigue. JSC offers several stress management options through the Wellness and Employee Assistance Programs (EAP).*

- |                           |  |
|---------------------------|--|
| <b>SM101</b><br>June 2009 | <b>What is Stress - How it Hurts &amp; How it Helps</b><br><i>Stress is a natural part of life and is affected by how we perceive our world around us. Learn what stressors are, how you encounter them in everyday life, and what you can do to manage and benefit from them.</i>   |
| <b>SM102</b><br>July 2009 | <b>Stress Reduction &amp; Coping Techniques</b><br><i>Stress is a natural part of life and is affected by how we perceive our world around us. Learn several coping techniques for you to try in class such as breathing, guided relaxation, humor, and optimizing "self talk". Take a break from a typically demanding day and learn how to bring some relief to an otherwise difficult balance between home and work priorities.</i>                             |
| <b>SM103</b><br>Aug 2009  | <b>The Fallout of Fatigue &amp; The Importance of Good Sleep</b><br><i>Sleep is an important part of a healthy living plan. Lack of good sleep can significantly impact the quality of your day and your life. Chronic fatigue affects millions of people every day. Learn the relationship and differences between restful sleep and chronic fatigue, and a few techniques for improving the quality of your sleep on a regular basis.</i>                        |
| <b>SM104</b><br>Sept 2009 | <b>Stress Management for Transition &amp; Career Change</b><br><i>Life is filled with change, and with transition, stress often comes along for the ride. In this workshop we will cover how to recognized and manage transition stress, ways to protect and insulate yourself from stress, and how to become more resilient during times of change. We will offer resources and a 3-step plan for pragmatically preparing for and navigating a career change.</i> |