



## MANAGE STRESS Before It Manages You



**Presenter:** Cella Janisch-Hartline, RN, BSN, Nursing Leadership Senior Manager, RWHC; ACC Certified Professional Coach

**Target Audience:** All healthcare managers, leaders and supervisors, both experienced and new in their role

**Program Description:** The reality is, if you work in health care, you need and deserve this day! Dealing with stress can be a laughing matter. This workshop is designed to give you real tools to decrease your stress while finding your sense of humor and injecting some fun into your life.

### Participants will learn to:

1. Identify the long term physiological effects of stress
2. Learn the research on the beneficial effects of humor (and experience some of it in the workshop)
3. Complete a stress self-assessment and set personal goals for reducing the negative effects of stress in your life
4. Experience 3 powerful, replicable stress relieving tools

### Consider taking this workshop if the following are mostly true for you:

- You have no life
- Work is your address
- Your family forgot what you look like
- The family picture on the desk does not include you-you were at work at the time of the photo shoot
- You can't remember the last time you laughed so hard you had to rush to the bathroom

### SERIOUSLY...

- You are concerned about your own and/or your employees' stress level which is negatively impacting productivity
- You find yourself making more negative than positive comments about work and don't have the energy and passion you used to have for it
- You are putting in more hours but getting less done, often feeling overwhelmed
- You often have thoughts about getting out of health care altogether

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If you would like more information about the *RWHC Leadership Series*, please [email Education Services Manager, Carrie Ballweg](#), or call 608-643-2343.