



SDSU's Employee Assistance Program Presents

Dealing with Holiday Stress

Date: Tuesday, December 8, 2009
Time: 12:00 Noon to 1:00 p.m.
Location: Human Resources, Extended Studies Bldg
RSVP: Melanie Doyle at mdoyle@mail.sdsu.edu or
(619) 594-2449
Space is limited - reservations required

Please bring your lunch and join us for this
Lunch & Learn Workshop



This seminar will:

- Explain how the conflict between the "fantasy" holiday and stress of the season is difficult to handle
- Help participants understand the origins of holiday stress
- Examine unreasonable expectations
- Look at ways we can use moderation for healthier choices
- Brainstorm with participants about new ways to reduce holiday stress