

Managing Stress in the Workplace Self-Test

If you answer NO to 1 or more of these questions, then The Training AdvantEdge has a workshop for you.		YES	NO
1.	Can you recognize the changes that occur in your body when you are feeling stressed?		
2.	Can you identify the symptoms of "too much stress?"		
3.	Do you have strategies that allow you to deal with stress effectively?		
4.	Do you know how nutrition, exercise, and a strong support system help us deal with stress?		
5.	Do you feel you are doing everything possible to cope with your stress?		