



Duke Professional and Personal Development Program

"Making a difference in your work, family and life"

Stress Management Toolkit

Increase your Tools for Dealing with Life's Stressors

3 Week, Stress-free Telephonic Course

Tuesdays & Fridays -\$65

12:15pm-12:45pm Eastern Time



Improve your health, relationships, and overall sense of well-being by learning how to handle stress more effectively.

Managing stress can help with:

- Cardiovascular disease
- High blood pressure
- Diabetes
- Asthma
- Gastro-intestinal problems
- Chronic pain
- Depression
- Anxiety
- Family issues

Five Telephonic Sessions



- Stress & the Body
- Getting Control when You Feel like You're Drowning
- Self-talk: Making it Work for You
- Taming the Inner Critic
- Maintaining Balance

Bonus Session: Personalizing the Tools

For next starting date, to enroll, or for more information, call Elaine or Melissa at (919) 286-1244 or (800) 336-DUKE or email duke_ppdp@mc.duke.edu.