



## **Stress Management Workshop for Nurses**

Wednesday, June 11<sup>th</sup> | 1:00-4:00 pm

Anschutz Medical Campus

Ed2 North, Room 1107

### **Course Overview:**

Occupational health nurses often experience work-related stress– everything from competing demands for their time, having too much to do, juggling clinical and administrative responsibilities, and trying to maintain a work/life balance. This interactive workshop will review evidence-based best practices for dealing with work stress. In particular, you will discuss various sources of work-related stress and learn strategies to better manage stress at work. Effective stress management is critical for your own health and well-being, as well as for serving your patients and caring for the loved ones in your life.

Learning Objectives – Workshop attendees should be able to:

- Identify common sources of stress in the work environment
- Understand the impact of work stress on mental and physical health and well-being
- Understand the importance of prevention and effective coping with stress
- Discuss strategies to prevent and alleviate work stress
- Develop and apply effective stress management interventions to reduce the deleterious effects of work-related stress

### **Faculty Bio:**

Dr. Gwenith G. Fisher is Assistant Professor of Industrial/Organizational Psychology at Colorado State University where she conducts research that identifies sources of work-related stress as well as work/life balance and how it relates to health and well-being. She earned her B.A. in psychology from the Pennsylvania State University and her M.A. and PhD from Bowling Green State University in Bowling Green, Ohio, a nationally top-ranked program in her particular area of study.

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**To Register:** <http://tinyurl.com/n2xmg4v> or call Brenda Thompson at 303-724-7813