

# Purposeful Leadership

## Streamline Your Stressline

Everyone endures stress in their life, but why do some have less or handle what they have so much better than others? Identify the primary stressors in your work life, home life, and relationships and learn about the hidden resources you already have available. Learn how to use the top six strategies for coping with stress and greatly reduce the side effects of not dealing with stress properly. Your body, mind, and spirit will thank you later!

### **PURPOSE:**

Cope effectively with the stressors of everyday life.

### **LEARNING OBJECTIVES:**

- To Identify our primary stressors.
- To learn effective strategies for coping with stress and reduce the negative effects.
- To gain the necessary skills for living productive, satisfying, and happy lives in a complex world.