

BEYOND THE BUBBLE BATH

Cognitive Approaches to Stress Management

Presented by the ABQLA College & Research Section

With Owen Moran, Health Promotion Specialist (Concordia University Health Services)

The ABQLA College & Research Section warmly invites you to join us for a 90-minute workshop on stress management with a focus on cognitive approaches.

Date: Tuesday, November 24, 2009

Time: 6:00 pm – 7:30 pm

Location: Concordia University, Webster Library (1400 de Maisonneuve Blvd West), room LB-211

Cost: \$5 for ABQLA members, \$10 for non-members

Please RSVP: email Annie Murray (annie.murray@concordia.ca) by Friday, November 20 to confirm your place as seating is limited

Librarians are busy people who engage in complex work. We often have competing priorities, too much information (not to mention e-mail!) to process, and seemingly not enough time in which to do all the work we wish to do. How best can we understand and manage stress in our daily lives? Owen Moran will review stress and cover techniques for managing stress, including relaxation; however, he will emphasize a cognitive approach to stress management. A cognitive approach to stress management refers to changing ineffective ways of thinking that contribute to stress and replacing them with thoughts that reduce stress.

Objectives of this workshop are to:

1. Define stress and understand the difference between “good” and “bad” stress
2. Review the signs, symptoms and causes of stress
3. Review the health implications of unmanaged (or poorly managed) stress
4. Review a 5-step guide to stress management
5. Build relaxation techniques to manage stress
6. List stress-provoking ways of thinking
7. Build skills to restructure stress-provoking thoughts
8. List factors that can make a person less vulnerable to stress

Our speaker: Owen Moran (MSc, RN) is a Health Promotion Specialist at Concordia University Health Services. He believes that a person’s health is their greatest resource and works with Concordia students, staff and faculty to help them achieve their optimal health potential. He delivers workshops, provides personal health counseling, publishes a newsletter called Health Notes and uses a variety of other approaches to help members of the Concordia community move their health in a positive direction.

If you think you will be too busy and stressed to attend on November 24, this workshop is for you!