



Free Stress Management Seminar at a Workforce Center Near You!

Too Much Stress?

Attend our Workforce Centers' Free Stress Management Seminars

Learn tips and techniques for managing stress. Our Stress Management Seminar is especially appropriate for individuals who have lost their jobs due to a layoff, but can be helpful for anyone experiencing too much stress. The Seminars are free and provided at the Workforce Solutions Centers listed below. No appointment necessary.



Signs and Symptoms of Too Much Stress

You may be experiencing high levels of stress if you:

- Feel like running away or quitting
- Have trouble sleeping
- Feel depressed, sad, tearful, hopeless
- Have worries or feelings that are difficult for you to talk about
- Are managing your stress by eating, sleeping, drinking, smoking too much
- Feel as if your problems will never end or are too big to overcome
- Are having increased aches and pains with no real medical cause
- Have a lot of muscle tension in your face, neck, shoulders and/or back
- Feel fatigued, exhausted and have low energy
- Have gained/lost significant weight recently

For more information, please call and ask about Stress Management Seminars.

Contact: Tony Maclin, MS, LPC
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817 528-4744 (Cell)

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 ... dedicated to helping the people we serve have a better life
 HEALTHCARE TECHNOLOGIES, LLC
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<u>Resource Connection Workforce Center</u>	<u>Mid-Cities Workforce Center</u>	<u>Arlington Workforce Center</u>	<u>EastSide Workforce Center</u>
1400 Circle Dr Fort Worth TX 76119	The Wells Fargo Tower 2701 Bedford Euless Rd., Ste 205 Hurst TX 76053	140 W. Mitchell, Ste. C100B Arlington TX 76010	4701 East Lancaster Ave Fort Worth, TX 76103
<u>Meeting Schedule:</u> Every Wednesday 1:00 PM to 2:15 PM	<u>Meeting Schedule:</u> 1st & 3rd Tuesdays each Month 2:30 PM to 4:00 PM	<u>Meeting Schedule:</u> Every Tuesday 9:00 AM to 10:15 AM	<u>Meeting Schedule:</u> 1st & 3rd Tuesdays each Month 1:00 PM to 2:30 PM