**Employee Assistance PROGRAMS (EAP)**

**FALL PRESENTATIONS**

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**NOURISHING MIND AND BODY: COPING EFFECTIVELY WITH STRESS**
LED BY: SUE SONG, PHD
**FRIDAY, OCT. 4: CONFERENCE ROOM 4H**
**MONDAY, OCT. 21: WEBEX ONLY**
Over time, stress can negatively impact our physical, mental and emotional well-being. An important part of coping with stress includes finding ways to nourish our mind and bodies. Participants will also learn tools (including experiential practice of breathing and mindfulness exercises) to effectively manage their emotions and distress in the moment.

**COPING WITH CHRONIC PAIN AT WORK**
LED BY: STEVE COLE, PHD
**MONDAY, OCT. 7: CONFERENCE ROOM 4H**
**MONDAY, NOV. 11: WEBEX ONLY**
Pain affects more Americans than diabetes, heart disease and cancer combined; more than 25% of adults report that they have had a problem with pain persisting for more than 24 hours. This lunchtime presentation will focus on strategies for managing pain at work, tips for communicating about health problems at work, strategies for altering negative self-talk and taking care of your health at work.

**RESILIENCE THROUGH VALUES EXPLORATION, PART 1 AND 2**
LED BY: SUE SONG, PHD
**MONDAY, OCT. 14 - PART 1:**
**CONFERENCE ROOM 4H AND WEBEX**
**MONDAY, NOV. 4 - PART 2:**
**CONFERENCE ROOM 4H AND WEBEX**
We often talk about the goals we want to achieve. While this may make us feel productive, it is also important to consider how our values help us lead a meaningful life. Workshop 1 will help participants identify their values, learn ways to incorporate them into making decisions and find ways to enhance life satisfaction. Workshop 2 will be interactive and discussion-based, and will help participants stay committed as they strive towards values-guided living.

**JUST A BAD MOOD... OR IS IT DEPRESSION?**
LED BY: STEVE COLE, PHD
**FRIDAY, NOV. 1: CONFERENCE ROOM 4H**
**FRIDAY, NOV. 22: WEBEX ONLY**
What distinguishes a bad mood from depression or anxiety? What can our moods teach us? Join Dr. Steve Cole for a discussion of strategies to change your “mood state” healthfully. Participants will learn tools for building resilience by managing negative moods.

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**REGISTRATION IS REQUIRED.**
Call: 603.650.5819 | Email: DHMC.EAP@hitchcock.org
**ALL PRESENTATIONS WILL BE HELD FROM 12-1 PM.**
In-person presentations will be held in Conference Room 4H.

The DHMC EAP offers presentations in person and broadcasts D-H wide via WebEx. Early registration is suggested; space is limited and we may not be able to accommodate last-minute WebEx requests.