

Report # 08/05/15/804

A BRIEF REPORT ON THE RECENT EFAP PRESENTATION ON STRESS MANAGEMENT

BY DAVE FOOTE

On April 15<sup>th</sup> I attended, along with members of the HCM staff, a 2 hour presentation, at the Hall, on stress and its potential effect on one's emotions and health. This session is part of a number of services offered by the Employee Family Assistance Program (EFAP) which is paid for by HCM and is open to staff and members of Council.

Our facilitator was Alex von Taube, who guided us through a discussion on the positive and negative effects of stress on our emotions and how to manage stress for a positive outcome. Augmented by a video session, we reviewed examples of some forms of stress, ranging from pleasant experiences (vacation, weddings etc.) to negative stress (deadlines at work and at home, death in the family etc.). A number of suggested ways to resolve stress were discussed in order to avoid an escalation, possibly leading to a corrosive effect on your mental or physical health. Following this seminar, I recalled my father's advice on stress: "do what you can to resolve a problem and then try to forget about it" which summarizes the message I derived from this session in a brief sentence.