

**RE-THINKING STRESS WORKSHOP WILL BE OFFERED BY THE TRLN  
COMMITTEE ON HUMAN RESOURCES**

**WHEN: October 11, 2000, 8:45 a.m. – 4:30 p.m.**

**WHERE: The McKimmon Center, North Carolina State University**

**RE-THINKING STRESS**

**(Lin Mitchell)**

**Up to 75% of all time lost in the workplace is stress-related. The workplace, and life itself, is full of stress. The solution to stress lies in finding effective ways of dealing with its real causes, not just symptoms. In this seminar, you'll receive powerful tools that will help you become more stress-resistant and improve how you respond to stress in your life.**

**You will learn:**

- **How the body responds to stressful situations and why**
- **Why stress is one of the leading causes of disease in the US**
- **How to identify stress and change your response**
- **Four ways to become stress-resistant**
- **New ways to resolve stress-induced problems**
- **Five ways to control a stress response**
- **When all else fails – six stress busters**

**HOW DO I REGISTER?**

**Attendance is limited. Contact to “” register. Individual libraries will pay the participant's registration fee. Participants should plan to purchase their own lunch.**

**REGISTRATION DEADLINE IS SEPTEMBER 27, 2000**

**INSTRUCTOR: Lin Mitchell is a Management Communication Consultant and Instructor in the daytime MBA program at Fuqua School of Business at Duke University. In addition, she is a Health Improvement Program Leader with the Duke Live for Life Employee Wellness Program. She has been on the faculty at Duke since 1986, where she served as a Clinical Associate and Director of Activity Therapy in the Department of Psychiatry and taught in the Duke Medical School. She has been a preceptor and faculty associate for the University of North Carolina at Chapel Hill Department of Health Policy and Administration, School of Public Health, since 1994 and consults with and instructs for the UNC-CH Human Resources Training and Organizational Development Department.**