

How To Stubbornly Refuse To Make Yourself Miserable About Any Stress -- Yes, Any Stress!

Register now for an upcoming Seminar on Stress Management. The workshop is offered free-of-charge to all eligible Local Union No. 3 members and to members of their immediate family. The two-evening seminar, sponsored by the Educational and Cultural Trust Fund, will be held at the Electric Industry Center in Flushing. A professional in this field will conduct the course. We recommend this course for several reasons:

- ❖ The stress management workshop will help you understand why you suffer from stress and will offer you easy-to-implement strategies to help you with everything from dealing with conflict to handling depression. This workshop is designed to assist you with coping and resolving conflicts in the workplace and negative confrontations.
- ❖ The workshop will offer time management tips, and ways to increase efficiency and effectiveness. You will determine your own work processes and habits, and learn how to enhance your productivity. You will be guided on realistic ways to create a daily plan that is simple and that ensures results.
- ❖ We all deal with anger in our lives whether it is in a subtle or more outward manner. Being angry can involve such emotional expressions as frustration, irritability, annoyance, aggravation, rage, blowing off steam or fretting. The good news is anger can be managed. You will be guided on a comprehensive plan to identify your style and the best ways to express and control your anger.

If you, and an eligible dependent, would like to attend this workshop, please complete the coupon below and return it to the Educational and Cultural Trust Fund, or call the office at 718/591-2000 ext. 1530.

Director, Educational & Cultural Trust Fund
Of the Electrical Industry
158-11 Harry Van Arsdale Jr. Ave.
Flushing, New York 11365

Yes! I am interested in the Stress Management Course. Please send me more information when it becomes available.

Member Name: _____
(Please print)

Name of Participant: _____
(Please print)

Relationship to Member: _____

Street: _____

State: _____ Zip Code: _____

Div & Card #: _____ Phone No: _____

Current Employer: _____