



Office of  
Employee Relations  
Work-Life Services

# Solutions to Manage Stress in 2024

Wednesday, August 7, 2024  
12:00 noon – 12:30 p.m.



Are you feeling more stress in 2024?

This 30-minute webinar will provide the Top 10 Top Stressors in 2024. Join us as we explore new solutions to manage stress; tech breaks, self-compassion, tidying, releasing worrying, and self-talk. If practiced, the solutions can assist you with your mental health.

Presented By:

*Linda Carignan-Everts, Statewide Wellness Coordinator*

To register for this webinar, go to

<https://meetny.webex.com/weblink/register/rf6fd83f4f0dd46eff886f9efb9a30dcf>



