

Drop-in Sessions are being held on **Wednesdays 2-3:30**

- **October 30**

*“Oh, There is Plenty of Time”*

- **November 20**

*“Yeah, The Holidays are here!”*

- **December 11**

*“Where is all the time going?”*

- **January 8, 2014**

*“Aftermath: Debriefing the Holidays.”*

*Location: Naval Health Clinic Annapolis*



## HOW DO YOU HANDLE HOLIDAY STRESS?

The holidays and end of a year can mean different things to different people. We often experience unique stressors at this time of the year- family, friends, finances, food and drink.

So it is never too early to review our coping skills for managing our **stress**. And making sure we don't develop *distress*.

Just like we take our seasonal inoculation so we can update our immunization for stress!

### MAKE TIME TO ATTEND NOW!

Please sign up by calling the NHC Annapolis Appointment Line at (410) 293-2273. Please let the clerk know you would like to attend a **STRESS MANAGEMENT WORKSHOP**. They will send your name to Dr. Hannigan for addition to the roster.

#### Topics will include:

**Good Stress – Bad Stress: Telling the Difference**  
**Signs of Stress: Physical, Behavioral, Emotional**  
**Holiday Stressors: Taking Care of Ourselves**  
**Personality and Stress: Viva la Difference!**  
**Keeping Stress from becoming Distress**  
**Cognitive Distortions: What did I hear you say?**  
**Stress Reactions – Now and then**  
**Assertive Communication: When to say No vs. Yes**  
**Affirmations: Pathway to inspire and motivate**



PRESENTED BY  
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