

November: Successful Holidays



Webinar: November 19, 2009

12:00 p.m. - 1:00 p.m.

Holidaze...How to Enjoy the Holidays and Minimize Stress

Holidays are supposed to be joyful, but they can also create many headaches. Consider the sources of holiday stress, explore ways to minimize the tension, and increase the fun for all involved.

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break/lunch time, view it later online.

As the holiday season approaches, both work and personal responsibilities can really start stacking up. That's why it's important to examine priorities and, in some instances, delegate tasks to get it all done.

NYS-Balance is ready to help! If you're traveling over the holidays, let a qualified consultant locate trip information, or help find a pet-sitter. Worried about finances? NYS-Balance has resources available both online and by phone to help manage money issues. Perhaps you're trying to avoid those holiday pounds. Access nutrition, fitness, and wellness information anytime by phone or web. Whatever your holiday priorities, NYS-Balance can help you manage it all.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.state.ny.us.

David A. Paterson, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations



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