

**Springfield Urban League
Communities Empowering Youth (CEY) Program Presents:**

Effective Stress Management

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This web-based training will address how to identify stressors in our lives and how to effectively manage them.

Learning Objectives

Upon completion of the web-based training session, trainees will be able to define what stress is and define their individual optimal stress level. And ultimately, successfully manage stress with one's lifestyle. This process begins by accomplishing the following:

1. Understanding stress: what it is, its impacts and benefits
2. Learning the early warning signs and the common causes
3. Learning ways to relax and effectively manage stress

To **register** for this free web-based training, please contact the
Springfield Urban League CEY Program at

(217) 789-0830