



Too Much Stress?

▶ Free Stress Management Seminar at a Workforce Center Near You!

Attend our Workforce Centers' Free Stress Management Seminars

Learn tips and techniques for managing stress. Our Stress Management Seminar is especially appropriate for individuals who have lost their jobs due to a layoff, but can be helpful for anyone experiencing too much stress. The Seminars are free and provided at the Workforce Solutions Centers listed below. No appointment necessary.



Signs and Symptoms of Too Much Stress

You may be experiencing high levels of stress if you:

- Feel like running away or quitting
- Have trouble sleeping
- Feel depressed, sad, tearful, hopeless
- Have worries or feelings that are difficult for you to talk about
- Are managing your stress by eating, sleeping, drinking, smoking too much
- Feel as if your problems will never end or are too big to overcome
- Are having increased aches and pains with no real medical cause
- Have a lot of muscle tension in your face, neck, shoulders and/or back
- Feel fatigued, exhausted and have low energy
- Have gained/lost significant weight recently

For more information, please call and ask about Stress Management Seminars.

Contact: Tony Maclin, MS, LPC
817 528-4719 (Cell)
or Joni Shaffer, M Ed, LPC Intern
817 528-4744 (Cell)

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 ... dedicated to helping the people we serve have a better life
HEALTHCARE TECHNOLOGIES, LLC
 817 349-8787 - www.guinntech.com

Resource Connection
Workforce Center
 1400 Circle Dr
 Fort Worth TX 76119
Meeting Schedule:
 Every Wednesday
 1:00 PM to 2:15 PM

Mid-Cities Business Center
 The Wells Fargo Tower
 8701 Bedford Eules Rd., Ste 205
 Hurst TX 76053
Meeting Schedule:
 1st & 3rd Tuesdays each Month
 2:30 PM to 4:00 PM

Arlington Workforce Center
 140 W. Mitchell, Ste. C100B
 Arlington TX 76010
Meeting Schedule:
 Every Tuesday
 9:00 AM to 10:15 AM

An equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. (TDD/TTY) 1-800-RELAYTX