

WELL TALK
EXPERT
KNOWLEDGE
ABOUT
REAL TOPICS

Michele Guerra is Manager of Employee Wellness for Dartmouth Health, overseeing life-enhancing programs for DH's employees in southern New Hampshire. Michele has a particular focus on employee stress management, providing resources and instruction to employees at large and customized departmental stress management programs. She also serves on the Caregiver Wellbeing Council, which is dedicated to reducing stress and burnout among Dartmouth Health clinicians.

Michele has over 30 years of wellness management experience, and holds a Master's degree in health promotion management, and a Certificate of Advance Studies in health behavior change.

Dealing with Work Stress

Friday, June 16
12-1 pm

Watch live on WebEx*

Presented by Michele Guerra, MS

In these modern times, work and stress have become synonymous. A career in healthcare, while fulfilling, can be fraught with stress. In this session, participants will learn to apply proven stress management principles to stressors at work. Facilitator Michele Guerra from the Office of Employee Wellbeing will describe how a two-level approach—training and empowering employees to successfully cope with stress, while decreasing organizational stressors, results in the most effective stress reduction. Practical tips and resources will be provided.

* To register scan the QR code or go to:

<https://dhvideo.webex.com/weblink/register/r9c2ab2cbc4c50c05d146f1a914a2eab0>

For questions, contact the Lifestyle Improvement Program:
(603) 650-5950 or LifestyleImprovement@hitchcock.org



Learning Outcome: At the conclusion of this learning activity, (at least 75% of) participants will be able to give at least one example of how proven stress management principles can be applied to stressors at work.

Accreditation:

Physicians: Dartmouth Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Dartmouth Health designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: Dartmouth Health Nursing Continuing Education Council is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This educational activity carries 1.0 contact hour.

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