

# P.E.P.P. UNLIMITED

On-line Continuing Education  
*Training at your convenience!*

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1-800-944-5459



*This course meets mandatory requirements for PCH Administrators*

**\$59**



## STRESS & JOB BURN-OUT

- Physiological responses to stress
- How does stress become stressful
- Job burn-out: who is at risk
- The long term stress prescription
- Emotional support
- Coping skills
- Helping others cope with stress

**3-HRS**