

Key Elements of a Workplace Stress Management Program



**Employee
Wellness**



**Mental Health
Support**



**Time
Management**



**Workload
Balancing**



**Physical
Activities**



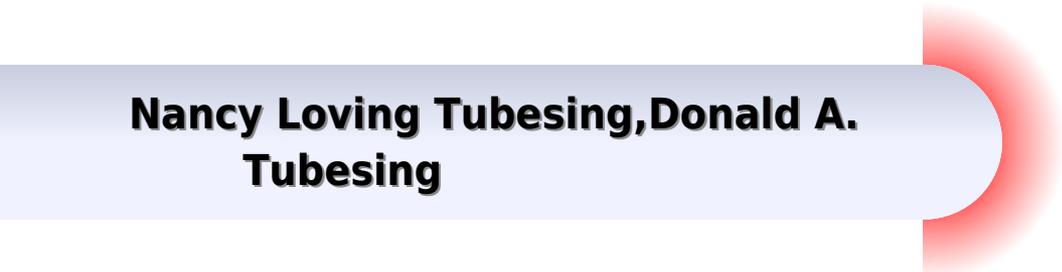
Relaxation



**Training &
Awareness**

The Stress Management Program

**Nancy Loving Tubesing, Donald A.
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web during her lifetime she produced 1775 poems a monstrous body of work my life had stood a loaded gun is counted among dickinson s greatest poems and is certainly representative of her body of work the poem s style depth of thought concise language and simultaneous definition and ambiguity combine to make this poem a masterpiece

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web the mountains straight reply 7 8 at the very least this quote describes an awe inspiring event mountains answering a woman we re not sure of the last time something as big as a mountain answered you but it s certainly been a while for us these lines could also relate to the gun metaphor if the speaker s life is a gun then her

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