

Timberhill Athletic club Health Education Programs

Stress Management Programs

- Theories in Stress Management (parts 1, 2, 3)
Each session will talk about the top stress theories by leading experts in the field
These sessions are to inform the participant of the various types of stress, and help them
Personally find some further resources (i.e. books, web sites, local experts) for their own
Personal management.
- The Emotional Brain
New area of stress and health. A look at the area of PNI. (psychoneuroimmunology)
How our feelings, emotions connect with our biology to create the “stress response”
References to new books, and local resources that teach more about this holistic approach
To stress reduction.
- Stress and weight
Diet alone is not the only cause for weight gain. This session will cover how extreme
Emotional stress can increase body fat, and risks for other chronic diseases
- Stress management topics from local area counselors, social workers, in private practice
and regional health care systems (Samaritan health, Corvallis clinic). This includes mind
body group movement-relaxation instructors.
Particular presenters, topics designed based on request.

All sessions are 45min-1hour training blocks

All sessions are FREE to employees and families (based on benefits guidelines of
Sponsoring company, organization)