

### Stress Management

Feeling strong and well-rested will not only make your employees happier people - but it will make them better workers too. *Dealing With Stress: Stress Management in the Workplace* highlights the stress-producing scenarios unique to industrial environments. (16 min) **DuPont.** #26-S46-DVD \$495

### Stress: You're In Control

Stress affects how we approach our jobs, how we accomplish our jobs and how we interact with co-workers. We can't eliminate stress, but we can learn to manage it better than usual. In fact, in moderation, it is actually a source of motivation. Teach employees to identify the root causes of the problem, including our thought patterns. Alert them to the five warnings of excessive stress and share stress control techniques through this updated program.

- How to complete a stress inventory and analysis
  - Physical signs of stress
  - How to take what action you can now
  - How to control the way you think
  - How to change the way you operate
- (24 min) **DuPont.** #26-HR92-DVD \$645

### It Takes A Village To Raise An Alcoholic

**Presented by Charlie Morecraft**

In this video, Charlie explores alcoholism as it affected his own life, and that of his family. Charlie broaches the difficult aspects of denial, enabling and co-dependency; and how they contribute to alcoholism and addictive behavior. (36 min) **Phoenix Safety Management.** #107-3-DVD \$642

### Recognizing Drug & Alcohol Abuse

Do you know an alcoholic or an illegal drug addict? Chances are good that you do. Chances are good that you work with one too. This important video program will help supervisors and fellow employees recognize alcoholism and illegal drug abuse in the workplace. (19 min) **DuPont.** #26-S121-DVD \$495

### Employee Wellness: A Way Of Life

As a public sector employee, being well is not only of vital importance to you and your family but also to the communities and constituents you serve. But, what does "being well" mean? *Employee Wellness: A Way Of Life* explores the concept of wellness - the state of being at your physical, mental, emotional and spiritual best - and shows practical, every day steps employees can take towards attaining wellness. (18 min) **DuPont.** #26-S523-DVD \$495

### Shiftwork: Circadian Survival

If your organization runs more than one shift, this program is for you! Circadian rhythms regulate the body's internal clock, and deviating from this "internal programming" can often be difficult for workers. Teach them how to adjust and minimize difficulties with this important video.

- Proper rest
  - Fatigue on the job
  - Family stress
- (20 min) **DuPont.** #26-S184-DVD \$495

### Employee Wellness: Taking Care Of You

*Employee Wellness: Taking Care Of You* explores the concept of wellness — the state of being at your physical, mental, emotional and spiritual best — and shows practical, every day steps employees can take towards achieving wellness.

It covers health screenings, smoking, drug and alcohol abuse, vaccinations, diet, exercise, shift work and more. Help your employees understand the why's, how's and importance of being well with this informative program. (16 min) **DuPont.** #26-S524-DVD \$495