

Employee Assistance Program Presentation Choices

Brought to you by Mountain EAP and WCSD Wellness

Basic Nutrition: The Cornerstone of Recovery from Stress, Depression, Obesity, Sleep Deprivation, Learning Disabilities and Substance Abuse.
By Dr. Eric Olkkola

Twenty-First Century living creates constant activation of our “fight or flight” nervous system. This ongoing activation contributes heavily to many chronic physical and emotional disturbances. This presentation will give you indispensable nutritional and behavioral strategies for eliciting and maintaining the human healing response.

Living With The Challenges of Life: Managing Stress and Emotions.
By Dr. Chauncey Parker

This presentation first describes how the demands of life adversely affect our well-being through physiology, emotions and thinking. Useful strategies designed to diminish the negative impacts of stress and maximize our abilities to be effective in life are then discussed.

Counteracting the Adverse Effects of Job and Economic Stress.
By Dr. Frank Evarts

This presentation outlines several simple, easily implementable strategies for dealing with job and economic stress. As well, a strategy for deeper change, taken from a profound system of psychotherapy, is also presented.