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Managing Stress in the Workplace

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Tuesday, January 19th
12PM – 1PM ET

We all encounter some form of stress every day—commuting to work, difficult bosses, caring for our children or parents, not to mention all of those emails in our inbox! When stress is managed properly it can have beneficial impacts on our lives; however, when facing chronic stress it can cause physical and emotional harm. Managing stress takes practice. Fortunately there are many different strategies to cope with the various levels of stress that can be tailored to your particular needs.

In this webinar, Jody Gastfriend, LICSW will discuss the following:

- The difference between positive and negative stress
- Warning signs of stress overload
- Strategies to stay calm, present and balanced when the going gets tough

Jody Gastfriend is the Vice President of Senior Care for Care.com, the largest online global resource for care in the world. As a licensed clinical social worker with more than 25 years of experience, Jody knows the challenges and struggles of family caregivers, having helped manage the care of her own father with dementia for more than a decade. Jody has held a wide range of leadership positions including Director of Social Service at Lawrence Memorial Hospital in Medford, Chief Operating Officer of Visiting Nurse and Community Health in Arlington, and a consultant to numerous hospitals and long term care facilities in the Boston area. Jody has lectured widely to family caregivers, human resource administrators, health care professionals and policymakers on topics ranging from eldercare and aging to work and family integration.

A featured senior care expert for NBC, Fox News, AARP and the Wall Street Journal, Jody is a regular contributor to The Huffington Post’s Huff/Post50 section, and has published numerous articles on caregiving and aging, most recently in the Harvard Business Review. Jody received her Masters of Social Work from Simmons School of Social Work and her Bachelor’s degree from Tufts University.