

CyberBreak

May 26, 2006

SIGN UP TODAY FOR THE FIRST STAFF PROFESSIONAL DEVELOPMENT WORKSHOP!!



Professional Development:

Organize everything in your life; Stay in synch with your boss; Juggle multiple projects with ease; Dealing with chronically difficult people; Everyday negotiations.

June 9, 2006 → 10 AM - 3 PM

To register for this workshop, email Rosalyn Escobar at rescobar@swlaw.edu no later than Friday, June 2, 2006.

**“In order to succeed, your desire for success
should be greater than your fear of failure.”**

-Bill Cosby

RELAX!

Stress affects your body in many ways. It affects blood pressure, rate of breathing, blood flow to your muscles, heart rate and metabolism. After experiencing these changes over and over again, stress eventually takes a toll on your health. By learning to relax amidst stressful and chaotic situations, you can help counter the effects of stress on your body!

Below are some helpful tips:

Laugh

Learn to laugh. Not every situation requires a “fight or flight” response.

Take a Break

Summer is here so why not take a break. Go camping, hiking, biking or simply spend a day at the beach! Stepping out of your everyday routine will help to give you some perspective.

Get Organized

If you organize your work area you will be more efficient. You will spend less time trying to catch up on work and more time getting things done.

Ask for Help

You don't always have to be a hero. We all want to do as much as we can, all the time. If you are overwhelmed at work or at home, ask for assistance from coworkers, family and friends.



FITNESS CENTER SUMMER HOURS
Monday – Friday
6:15 AM – 8 PM



Feedback:

Have ideas, suggestions, comments or contributions for future editions of CyberBreak? Please email them to mcanal@swlaw.edu.