

MANAGING STRESS

as a GRADUATE STUDENT

Graduate school can be a time of high stress.

Learning ways to accurately assess and manage stress is a key part of staying healthy and making the most of graduate training. This workshop will cover

- how to conceptualize and identify sources of stress
- individual differences in stress risk and resilience
- methods of reducing stress exposure
- approaches to lowering physiological and emotional stress responses
- tips for getting better sleep
- ways to buffer yourself from stress

Presented by Dr. Paula Williams

Thurs Nov 1 • 3:00 - 4:00 pm
Gardner Commons 5310