APRIL 20, 2018
12PM-1PM

RELAXATION AND STRESS REDUCTION LUNCH & LEARN

Learn how to manage day-to-day stress by using healthy and effective relaxation techniques. In this workshop, we will review sources of stress, examine common stress reactions, and practice coping skills for effective stress management.

Location:
UT Dallas
Student Union
Galaxy Rooms A & B
(SU 2.602)

Stress Reduction Skills

Mindfulness

Self-Care

Nourish

REGISTER ONLINE BY APRIL 13:
HTTPS://UTDALLAS.QUALTRICS.COM/JFE/FORM/SV_1GL42MPP9E48G8D