



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.OU  
ALTRICS.COM/JFE/FOR  
M/SV\\_1GL42MPP9E48G  
8D](https://utdallas.edu/altrics.com/jfe/form/sv_1gl42mpp9e48g8d)