IS STRESS GETTING YOU DOWN?

This workshop is for students who are experiencing high levels of stress and for those who want to learn new ways to manage stress. Participants will learn the signs of stress, what burn out looks like, and tips for managing stress. Participants will also have an opportunity to experience relaxation techniques that are known to be effective in alleviating the physical and psychological signs of stress.

Location: Engineering Hall, Room 106B1

DATE: APRIL 1ST, 2011
TIME: 4 TO 5:15PM