

How to Deal: Strategies for Stress Management and Resilience

Alix Ford, MPH, CHES

Outreach Coordinator of Emotional and Mental Wellbeing
Carruth Center for Counseling and Psychological Services

University students face unique challenges while pursuing their education, especially during graduate programs. Developing coping strategies specific to your experiences and needs will not only facilitate your success as a student, but in other areas of life as well. In this presentation we will cover:

1. The state of stress
2. Definitions of stress and resilience
3. Create a personal stress management and resilience plan
4. Practice a resilience building activity

Please bring a writing utensil and curiosity about yourself.



Date: Mon, Sep 23, 2024
Time: 3:30-4:30 pm
Location: Clark Hall 312