Managing Stress

Most graduate students experience some level of stress while completing their degree, and for many it can be a daunting and overwhelming experience. In this workshop you will learn about the nature and function of stress, how you can actually use it in your favour and how you can prevent it from taking over your life. We will explore different ways to respond to the challenges and demands of grad school and practice techniques to recognize and reduce stress immediately.

Learning Outcomes:

- Understanding the nature of stress
- Recognizing when you are stressed
- Quick ways to relax and refocus when stressed
- Practicing a stress reducing inner dialogue
- Strategies to prevent chronic stress