The President's Advisory Committee on the Status of Women presents:

Adjusting to the New Normal: Stress Management

Alison King, LCSW
Health Net/MHN

Friday, November 19, 12:00-1:00pm

Zoom 408.638.0968
Meeting ID: 510.987.9837
Passcode: 70011294
https://UCOP.zoom.us/j/5109879837?pwd=NSta2R3ZFl6NnJBeldrejFjU1pMdz09

Questions? Gale Sheean-Remotto, Gale.Sheean-Remotto@ucop.edu

Stress is an inevitable part of life. Some stress is good – it puts into action – but long term, chronic stress, can wreak havoc on our physical and mental health. Learning to listen to our system’s alarm, and expanding our ability to cope, is vital.

The goal of this presentation is to define the various types of stress and their impact, and provide evidence-based techniques to add to your personal stress management “bag of tricks,” especially as we move into the holiday season.