

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

Adjusting to the New Normal: Stress Management



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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=NSIta2R3ZF16NnJBeldrejFjU1pMdz09>

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PRESIDENT'S ADVISORY COMMITTEE
ON THE STATUS OF WOMEN

UNIVERSITY OF CALIFORNIA
OFFICE OF THE PRESIDENT

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.