Stress Less Workshop
Presented by the SCC and UCC

It’s no secret that college life is stressful, especially during a pandemic! In this workshop you will:
- learn more about the origin and purpose of stress
- differentiate between healthy and unhealthy stress
- learn a variety of tips and tricks for managing stress in a healthy way

Wednesday, March 31, 2021 1:00pm–2:00pm

Live on Microsoft Teams- Click Here for Link

For crisis support call 972-UTD TALK or 911.

To ask questions about accessibility or request accommodations, please contact sccworkshops@utdallas.edu.