The SCC Presents:

Stress Less Workshop

It’s no secret that college life is stressful. 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

May 5, 2021 4-5pm cst

Microsoft Teams- [Link to Join Here]

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