

Employee Wellness

@ UVM



COPING WITH THE CLIMATE CRISIS

Wednesday, April 6th 12-1pm

A unique workshop created by UVM professionals for UVM employees



Surveys show most UVM employees understand the reality of the climate crisis and are concerned about it. Earth Month can be a time of heightened climate awareness and therefore anxiety. Join the Office of Sustainability and LivingWell for a virtual session sponsored by Employee Wellness that will skip the climate science and focus on the psychological and emotional responses to climate change reported by campus. We will share strategies for coping in crisis, foster heart-centered resilience, and tap into our potential for making change. Much of this session will be activity and discussion based so come willing to share your own experiences. **[REGISTER HERE](#)**



The University of Vermont

For more information, please visit the UVM Employee Wellness website at www.uvm.edu/hrs/wellness and join our [list serve](#) to receive the latest news.