

Employee Wellness @ UVM

Finding Calm In Your Day

Stress is an inherent part of life, and many are working hard to maintain a healthy response to the stress of change and uncertainty in today's world. In this interactive workshop, we will talk about stress, identify its effects on the body and mind and practice stress reduction and coping skills. The exercises and activities are designed to be easily replicated in any setting, regardless of your skill level or familiarity with stress management practices, anyone can participate in this workshop and benefit from the activities.

REMINDER:

Monday April 11
Or
Thursday April 28
@11:30-12:30

[Register Here](#)
Registration
open until the
event begins

UVM Employee Wellbeing Workshop Series

A partnership with INVEST EAP, choose from a variety of workshops to learn, explore, and focus on you.

Questions? employeewellness@uvm.edu More Information on additional workshops – www.uvm.edu/hrs/wellness