

Employee Assistance Program
— Lunch and Learn —

Learning Relaxation Techniques for Coping with Stress

by David Mora, Licensed Professional Counselor

January 26, 2017

12:00 p.m. – 1:00 p.m.

Galaxy Rooms A & B (SU 2.602)

- Learn to manage day-to-day anxiety and stress using calming, effective relaxation techniques.
- Discover how to accurately identify your stress, recognize your stress reactions, and focus your mind for problem-solving.
- Learn specific reduction methods you can use both at work and home to help you manage daily stressors.

This workshop is limited to 100 participants.

Reserve your spot by registering before January 20 at:

https://utdallas.qualtrics.com/jfe/form/SV_bJfmmzluokx7db

Questions? Contact Nora.Pena@utdallas.edu

Employee Assistance Program (EAP)

<http://www.utsouthwestern.edu/about-us/administrative-offices/human-resources/benefits-and-retirement/special-programs/eap/>

UT Dallas Wellness Committee
[utdallas.edu / wellness](http://utdallas.edu/wellness)