

Stress Management Module

1st Friday: Relaxation Class

Relaxation techniques are helpful tools for coping with stress and promoting long-term health by slowing down the body and quieting the mind.

2nd Friday: Sleep Enhancement

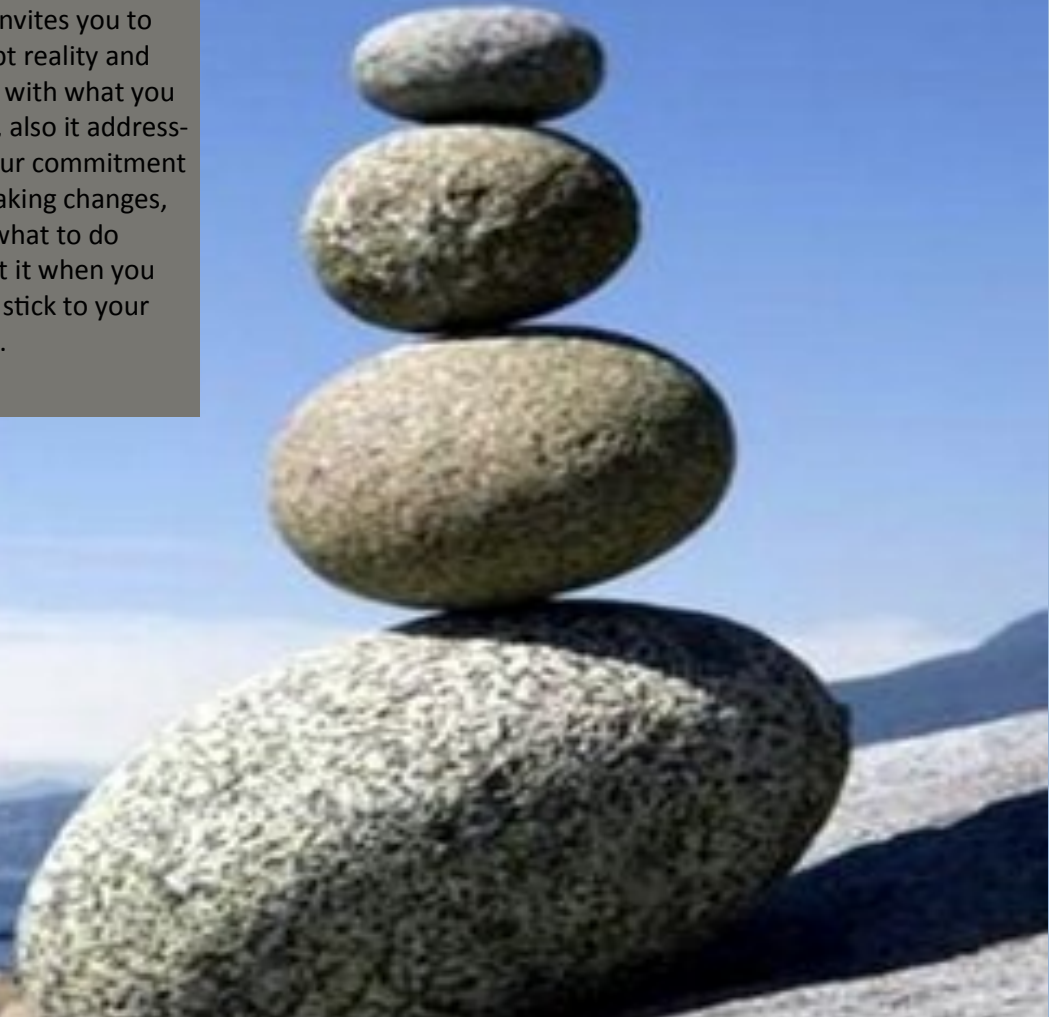
Only 10 percent of sleep problems are caused from medical conditions; the remainder are caused by things we can control. Learn these interventions which have better long term success than sleep medications.

3rd Friday: Healthy Thinking

Understand how your thinking influences your mood, your emotions and even your life. Learn powerful techniques to change negative self-talk to positive influence your future.

4th Friday: ACT (Acceptance and Commitment)

ACT invites you to accept reality and work with what you have, also it addresses your commitment to making changes, and what to do about it when you can't stick to your goals.



Utilize these classes for personal resiliency/ growth, optimizing performance, or for increasing your knowledge in advising and leading others. Sign up for one or all four classes by calling Mental Health at 784-2148.