Coping with Stress and Anxiety in Graduate School

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Description: This workshop will provide education on the following:

- Recognizing the signs and symptoms of stressors in your life.
- Learning healthy ways to manage and respond to stressors.
- Applying stress reduction skills to a variety of situations and relationships.
- Identifying and obtaining supportive resources for you and your family.

When: Tuesday, October 17, 2017
What time: 3:00-4:00 PM
Where: Sewall Hall 303

Registration is required.

To register, please scan the QR code or visit:

graduate.rice.edu/succeedregistration

Refreshments will be served