

Stress Management Workshops

April 8, 11:30 - 12:30 Training & Development

Wellbeing: "Stress a Little Less"

Presented by Sandy Broyles, Piedmont Athens Regional Registered Nurse and Community Educator

Learn some good ways to manage short-term stress and begin to create a plan to deal with one of those long-term stressors you've been battling. Register at www.hr.uga.edu/training

April 11, 2019, 11 a.m. - 12 p.m.

Wellbeing: Managing Stress Through Sketching and Increasing Your Artistic Expression

Presented by Amitabh Verma, Associate Professor in Design, UGA College of Environment + Design

Participants will be introduced to sketching materials, strategies and techniques through simple and easy exercises. No experience required. Amitabh Verma, a professor, designer and artist, will talk about the benefits of sketching, particularly stress relief, along with:

- improved communication skills
- creativity stimulation
- improved memory
- improved problem solving skills
- increased hand-eye coordination
- increased concentration and focus

Register at www.hr.uga.edu/training

April 10, 12:30-1:30 pm

The Power of Positivity

Presented by Espyr - USG Webinar

Have you ever spent time with someone who was optimistic and had a positive outlook? Did you wonder how they do it? New research is showing us that positivity can play a powerful role in our health, our happiness, and our success. Learn how to develop the power of positivity to enhance your outlook and well-being.

Register for this webinar at <https://www.usg.edu/well-being/>.

Participate in two more workshops and you can earn \$25 of well-being credit!