STRESS!! We all have it. How do we deal with it? Do we deal with it well?

Join us to learn how to identify the things that stress us out and techniques for handling stress in an effective way. Participants will be able to identify stressors (frequency, severity), gain awareness of reactions to stress, and identify ways to overcome stress. Baylor's own Dr. Sara Perry will facilitate the course and provide follow-up coaching and training via email.

This course was piloted last semester and is now available to all faculty and staff! The course is structured as a research study, so participants will complete an initial online survey prior to the class, two subsequent surveys, and a short assessment of current experiences as skills are learned and applied. Participant's direct supervisors will also be invited to complete a short rating form at three time points – beginning, midpoint, and end.

*Note: All survey responses and individual results will be kept confidential at all times; no one will ever see individual survey responses, including supervisors' or employees' ratings of each other.*

Register for **Stress Management** through BaylorCompass.