



FACULTY



WELL-BEING



SERIES

# Stress Management

What do we do about daily stress in our lives? How do we cope and prevent it from happening? In this seminar with EACC Counselor Khoi Bishop, MS, LPC, NCC, BC-TMH, CEAP, participants will explore the causes, sources, and effects of acute and chronic stress.

Participants will also learn the importance of managing daily stressors and develop a stress management personal action plan.

## **WHEN & WHERE:**

**Thursday, April 13, 11 a.m.-noon,  
Lister Hill Library 411**

## **WHO:**

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood, Trussville and Tarrant City Schools and i3 Academy employees and members of their immediate household.

## **REGISTRATION:**

Go to [uab.edu/faculty/ctl](https://uab.edu/faculty/ctl) for registration information. *To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).*

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