

# Self-Care Strategies for Chronic Stress



Join EACC Counselor Meaghan Barton for a discussion on stress and self-care, and how the two interact. Participants will learn strategies for preventing chronic stress, both on a personal and professional level, as well as how to spot signs of stress in the workplace and identify easy-to-use self-care strategies to promote healthy work/life integration.

## **WHEN & WHERE:**

**Tuesday, September 26, 1-2 p.m., via Zoom**

## **WHO:**

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

## **REGISTRATION:**

To register, go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select "Self-Care Strategies." After registering, you will receive a confirmation email containing information about joining the meeting. *To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).*



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