

# STRESS FIRST AID

with EACC  
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Stress First Aid is designed to enhance the process of recovering from stress responses, with a focus on both individual and collective recovery. The goal of this model is to promote and acknowledge positive relationships between colleagues, mentors, and leaders, by emphasizing certain key actions that enable early detection and management of stress responses. By learning to identify and recognize the stress responses in oneself and others, we are better able to reduce the chances of stress consequences leading to more serious or long-term problems.

**WHEN & WHERE:**  
**Tuesday, April 18,**  
**noon-1 p.m., via Zoom**

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

**REGISTRATION:**  
Go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select Stress First Aid to register via Zoom. *To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).*