



Stress Resiliency In Tough Economic Times

This program is designed for general staff and will include topics on coping skills and chronic survival stress in the workplace.

The general staff program will be offered twice monthly. The topics of focus will include *chronic survival stress* and building resiliency during tough economic times. This program will define chronic survival stress and typical stress reactions. It will highlight the biological and behavioral

effects of chronic levels of stress and create a strong framework for understanding how the chronic stress reaction can negatively affect an individual's lifestyle, work, personal relationships, and health. This presentation will also focus on tools for coping with uncertainty, self-care techniques, as well as UC Davis and community resources in an effort to reduce individual stress.

This reoccurring program will be offered at varied times and in different locations on a bimonthly schedule, in an effort to make it available to the broad campus population.

- Domains of Focus:**
- Survival Stress
 - Self Care
 - Communication Techniques
 - Health & Well Being
 - Relaxation

| | Dates | October: | November: | December: |
|--|--------------|-----------------|--|-----------------------------------|
| | | | 10/16/09 9:15am-10:45am Voorhies Rm. 126 10/26/09 8:30am-10:00am Voorhies Rm. 126 | 11/13/09 8:30am-10:00am EOC |

Enroll online at <http://lms.ucdavis.edu> to sign up for the program.