

Stress Less for Success



Description: The psychologists at the Counseling and Psychological Services will explain what stress is, discuss stressful experiences that international students may go through, talk about mental health and how to get help, and provide tools to manage stress. Activities to help students get to know each other, share their experiences, and learn specific strategies on how to manage stress will be offered.

Date	Time	Location	Room
Thu, Aug 22	10:30am - 12pm	Jeff T Blau Hall and Kresge Hall, Ross School of Business	B1560
Mon, Aug 26	1pm - 2:30pm	Jeff T Blau Hall and Kresge Hall, Ross School of Business	B1570

[Register Here](#) [2]

This workshop is co-sponsored by [Counseling and Psychological Services \(CAPS\)](#) [3].

Handout:

 [Stress_Management_Presentation_2019.pdf](#) [4]

Tags:

[orientation](#) [5], [workshop](#) [6]

Source URL: <https://internationalcenter.umich.edu/events/stress-less-success>

Links

[1] <https://internationalcenter.umich.edu/sites/default/files/event-image/STRESS%20LESS%20FOR%20SUCCESS%202019.jpg>

[2] <https://sessions.studentlife.umich.edu/track/event/1797>

[3] <https://caps.umich.edu/>

[4] https://internationalcenter.umich.edu/sites/default/files/event-handout/Stress_Management_Presentation_2019.pdf

[5] <https://internationalcenter.umich.edu/event-tags/orientation>

[6] <https://internationalcenter.umich.edu/event-tags/workshop>