

# YIELDING STRENGTH TO MANAGE STRESS



MONDAYS  
3:30 PM - 5 PM

## TOPICS

- STRESS & BURNOUT
- WELLNESS
- STRESSORS
- COPING STRATEGIES
- STRESS MANAGEMENT
- MINDFULNESS
- FINDING JOY
- ART



FAMU Office of Counseling Services

College of Engineering Rm. A115

## DATES

SESSION 1: 02/06  
SESSION 2: 02/13  
SESSION 3: 02/20  
SESSION 4: 03/06

SESSION 5: 03/20  
SESSION 6: 04/03  
SESSION 7: 04/10  
SESSION 8: 04/17