



THE FACULTY MENTORING PROGRAM PRESENTS

# Surviving Stress

EVERYDAY WE FACE STRESSORS FROM WORK, SCHOOL, HOME, AND OTHER PLACES. WE WILL EXPLORE WAYS TO IDENTIFY SOURCES OF STRESS AND DESCRIBE METHODS THAT CAN BE USED TO NOT JUST SURVIVE STRESS BUT TO MINIMIZE STRESS AND THRIVE DURING TIMES OF STRESS.



Tuesday, April 6, 2021

12:00-1:00pm

via Zoom

[Register in advance!](#)

For any questions, please contact the FMP at [fmp@csusm.edu](mailto:fmp@csusm.edu)

