Join us for our weekly workshops aimed at enhancing wellness and reducing stress in our daily lives. Our topics this semester focus on general stress management skills, stress related to performance and accomplishments, relationships skills, and academic preparation. These 50-minute workshops are open to all members of the Georgia Tech community.

### Intro to Stress Management

**02/16 11 AM**

**Stress Management 101**
This workshop covers the basics of stress management, including identifying your current stress levels, recognizing common stressors, and learning useful tools to reduce your stress.

**Manage Your Time, Manage Your Stress**
Effective time management can reduce your stress levels and help you to be more successful in your studies, work, and other daily activities. This workshop provides strategies for successful time management to increase efficiency and overall well-being.

**03/09 11 AM**

**Managing Stress for Ethnic Minority Students**
This interactive workshop will identify stressors and barriers to success that racial and ethnic minority students might face on campus. In this workshop, you will examine issues related to cultural differences and challenges within academia and learn successful strategies to reduce stress and enhance your overall wellness.

### Managing Performance-Related Stress

**03/16 11 AM**

**Stress Management and Adjustment Strategies for International Students**
This workshop examines common stressors of international students that arise from functioning in a different culture, provides information about the personal impact of acculturative stress, and reviews various strategies to enhance your cultural adjustment.

**Overcoming the Stressors of Perfectionism & Procrastination**
Perfectionism and procrastination are key ingredients in the recipe for stress and inefficiency. In this workshop, you will learn about strategies for overcoming perfectionism and for putting an end to procrastination, thereby decreasing your overall stress.
Don’t Believe Everything You Think: Using Logic to Overcome Stress
Learn how to recognize and change thought patterns that cause unnecessary stress. The skills taught in this workshop are based on the principles of cognitive therapy, which have been shown to be effective in reducing stress and increasing well-being.

Overcoming Impostor Syndrome
Imposter syndrome can lead to feelings of dissatisfaction and distress in your daily life. This workshop will identify common negative thoughts, feelings, and behaviors associated with imposter syndrome, and review strategies to overcome imposterism.

Creating Healthy Relationships
One of the most common causes of stress is relationships (with romantic partners, friends, parents, roommates and others). This workshop focuses on skills for communicating effectively within relationships, and examines healthy ways to resolve relationship conflicts.

Mind Matters: Using Psychology to Enhance Your Academic and Test Performance
This workshop will help you learn to harness the energy behind stress to maximize your test performance, and help reduce stress as you prepare for final exams. Techniques for enhancing memory, improving concentration, and managing your stress response will be reviewed.