

Stress Awareness Week

Working Together to Build Resilience and Reduce Stress

Falcons,

International Stress Awareness Week in November is a major annual event focusing on stress management and campaigning against the stigma associated with stress & mental health issues.

Stress is produced by your own feelings and reactions to certain external events, rather than by the events themselves. But while you may not always be able to control the external events causing your stress, by applying mindfulness techniques, you can control your reactions to them. This week, we invite you to think about:

- How we can all help people who face mental health challenges
- How employers are responding to stress and mental health issues
- How workplace changes such as hybrid working are affecting wellbeing and levels of resilience
- How those suffering with stress and mental health issues can access advice and support

To learn more, consider launching one of the recommended featured assets on the right.

Click to launch featured assets

Watch

Thriving with High-pressure Work

Assess

Stress Management & Wellness Benchmark

It's time to unleash your edge.
https://daytonastate.percipio.com/

For more information, contact the **Department of Learning & Development** by email: **ProDevo@DaytonaState.edu**

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