

DECEMBER 6, 2021

What Can I Do to Manage and Reduce Academic Job Stress?



Faculty face a number of challenging and emotionally draining conditions in their work—troubled or angry students, reduced funding and cutbacks, and political conflict on campus to name a few. Explore ways that faculty (and others) can take care of themselves so that they can continue to do their work effectively.

This 20-Minute Mentor provides practical strategies for limiting the stressful impacts of situations in the job and how to build resiliency against stress.

Upon completion of this program, you'll be able to:

- Recognize and acknowledge stressful situations in academia
- Identify at least two strategies for limiting the impacts of stressful situations
- Learn strategies for building resiliency against additional stress



Access Available:

Start: Monday, December 6, 2021

End: Sunday, December 12, 2021



<http://mondaymorningmentors.com>



Password: stress628

