

# Stress Management Workshop

## Announcement (39/ 2016)

The Department of Student Services invites staff and students to attend a Stress Management Workshop that will be held to:

1. Inform participants about what stress is;
2. Inform participants about what stress management is and the symptoms of stress;
3. Make participants aware of what influence stress has on their emotional, social and psychological functions;
4. Teach participants different ways of stress management/stress relief.

**Refreshments will be served.**

**Date:** Wednesday, 5 October 2016

**Time:** 11:30

**Venue:** SRC Boardroom, Department of Student Services

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**Enquiries:**

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