Manage your Stress, Get Ready for Bed!

Objectives/Programme Description:
Studying in university could be a mix of excitement and stressful experience! Accumulated stress could be a threat to your mental health, on top of disturbing your sleep quality. If you’re feeling stressed out, overworked and tense, then come check out this workshop.

In this 2-hour workshop, you will learn what stress is, how it affects you, and most importantly, how you can manage it more effectively.

Outcomes:
At the end of the workshop, you learn to:
- Understand the nature of stress and its impact
- Acquire skills to manage your stress
- Capture your thoughts and feelings in order to manage your stress

Date: 5th or 7th or 18th March 2014
Time: 12:30 – 2:30 pm
Venue: ST 313

Target: Students of all years
Size preferred: 30

Medium of Instruction: English (5Mar2014)
Cantonese (7Mar2014)
Depends (18Mar2014)

* This program will be counted as Co-curricular Activities (CCA)