

Stress Management Using Breathing, Imagery, and Muscle Relaxation



Thursday, October 15, 2009

10:00-11:30am

114 South Hall

This workshop is open to all Graduate Students. Participants will learn about the nature and impact of stress. Participants will also be introduced to different stress management techniques, including the use of breathing exercises, imagery and visualization, and muscle relaxation. This interactive workshop will be both didactic and experiential in nature.

BEWARE - You may leave this workshop experiencing odd sensations of relaxation!

Workshop Leader:

Dr. Agnes Kwong, Psychologist, CAPS

Dr. Kwong is a licensed psychologist and the Coordinator of Graduate Student Counseling Services at CAPS (Counseling and Psychological Services). Her areas of specialty and interest include, but are not limited to, Asian and Asian American Pacific Islander (AAPI) mental health, International student mental health, Graduate student mental health, depression, anxiety, sexual trauma, cultural adjustment, issues of oppression, and supervision and training.

Sponsored by the Office of Graduate Studies (Professional Development Series)

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