



Upcoming Event:

Lunch & Learn
Feat. Beth Hartmann
*Lecturer, Department of
Civil, Construction &
Environmental Engr.*

Mar. 12 @ noon
Rm. 3306, Elings Hall
Lunch provided

imPROVE you

Let's Talk About... STRESS

When that stress seeps into the workplace, you have to know how to overcome it and regain control. Recognize your physiological signs of stress: Does your neck stiffen? Maybe your stomach clenches, your palms sweat, and your pulse races? Don't think about why the task is stressful — think of it as an opportunity. Use the adrenaline and heightened attention to really apply yourself. If the voice in your head is saying, "I'll never be able to do this," talk yourself down. Respond in a logical, calm tone, and be positive. Take three deep breaths, lower your shoulders, and rotate your neck — try to relax. Find someone you trust who can listen and provide counsel. And make a to-do list prioritizing your most important tasks to combat feeling overwhelmed.

Source: [Harvard Business Publishing](#)

Topics for Next Mentoring Session:

- **Review your original program goals**
- **Decide what went well last semester**
- **Decide what area(s) you want to focus on this semester**

Contact Us:

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