

# **Stress Relief Workshop**

**Do you want to find new healthy ways of managing stress? This is the group for you!**



**When: Tuesday October 16, 12:15- 1:15 pm**

**Wednesday November 14, 12:00-1:00pm**

**LeRoy V. Good Library (Bldg. 2) - Rm 423**

# Stress Relief Workshop

Sponsored by the Counseling Center & Disability Services office

Contact the facilitators to attend and/or refer a student

## Facilitators:



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**Description:** Attending college can be a stressful time in a student's life. This is true for both new and returning students. Transitions are tough, even if you are truly excited about the changes. For many students, college is the first time they have lived away from home or balanced a family and job with higher learning. Remember that even positive changes can induce stress. New classes, expectations, and changes in one's support system are just a few of the challenges that can be difficult to manage. When there is a big test, bad day or confusing situation, often times family members and friends are not readily available for support and if they are, it's through a telephone or computer, rather than in person. During this period, stress is felt throughout our bodies, as we respond to events that cause us to feel overwhelmed.

Everyone feels stress at different times and to varying degrees. However, the psychological and physiological impact of stress can negatively impact an individual's overall wellness. This increases the need for us to discover healthy ways of managing stress so that we can be our best selves.

Our stress reduction workshop will help students learn techniques and strategies for coping with stress. We plan on running two workshops during the fall semester and will add more workshops if there is a demand for them.

## The Benefits of Workshops for Stress Reduction

- Increase your ability to deal with the stress in your daily life
- Learn to cope with stressful situations
- Improve overall self-esteem
- Increase concentration
- Peer-to-peer learning