

# Coping Tools:

## Concrete Management of Grief and Stress

Presented by:

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Whether it is the recent loss of our student on campus, the grief and stress that so many have experienced from Covid, or other griefs and stresses that you may carry, it can be hard to identify concrete, immediately usable skills for meeting the moment.

**This workshop provides a framework for understanding the impact of stress and grief, and concrete skills to work with the stress and grief that is showing up in our bodies, minds, and spirits.**

### Mondays at 10:00am

*Workshop for Faculty/Staff*

10/25 – Regency Room  
11/1 – AUC 201  
11/8 – AUC 201  
11/15 – AUC 201

### Fridays at 3:30pm

*Workshop for Students*

10/22 – AUC 201  
10/29 – Morken 103  
11/5 – AUC 201  
11/12 – AUC 201  
11/19 – AUC 201

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