



Upcoming Wellness Workshop: "Stress Management & Wellness for Scientists"

Location: Frederick Campus-Bldg. 549-Auditorium

Date/Time: Friday, August 23rd, 1:00-3:00 p.m.

Workshop Facilitator: Michael Sheridan, PhD, OITE Special Advisor for Diversity & Wellness Programs

Are you stress out? Feeling overwhelmed, anxious, depressed or depleted? Are you interested in maintaining or improving your health? This workshop will provide information on the impact of stress on both physical and mental health, the importance of knowing your own personal stress signals, and the difference between *responding vs. reacting* to stress. Participants will also explore the role of mindfulness, holistic self-care, and self-compassion as helpful tools in creating and creating wellness in the midst of the challenges of daily life - including life at the NIH!



To register, use the link below: (If you have not previously taken an OITE workshop, you will be asked to set up an account - a very simple process.)
[https://www.training.nih.gov/events/view/2/2836/Stress Management and Wellness for Scientists-FREDERICK](https://www.training.nih.gov/events/view/2/2836/Stress-Management-and-Wellness-for-Scientists-FREDERICK)