



Managing Stress and Mental Health

Getting back into your 'groove' when stuck in a 3F+ stress response!

Facilitated by Dawn Lorraine McBride, PhD, registered psychologist, an Associate Professor in Counselling Psychology at the University of Lethbridge. Her main areas of research and clinical practice focus on reducing family violence, promoting value-based ethics, and creatively applying emotional regulation strategies in a variety of contexts.

Bring your lunch on Tuesday, March 17, 2020 and join us from 12 – 1 PM in AH 176

We have some rather large F responses when we are feeling overwhelmed, worried, stressed, triggered, and so on. Today's talk will help you identify your go to F response, why it feels so 'safe' to stay in this F response, and the options to pop out of this F response so you can get back into your 'groove' (zone of optimal functioning). Handouts will be available along with some recommended resources.



Register Online or by email: Wellness@uleth.ca