



## Event Details

Event:	HWB161748 - From Stress to Zest (Smurfit Only)
Subject:	
Event Overview:	Most people want 2 things in life: to be healthy and to be happy. Almost everything else comes after that. And yet in our modern busy world, stress and related illnesses are almost at epidemic levels. Improve your quality of life, work performance and goal achievement, as well as health, by learning about Stress; what it is, how to prevent it and most importantly, how to deal with it when you can't prevent it. Benefit from a greater understanding of the power of your mind and new skills which can be put into practice immediately to make the essential difference to your quality of life.
Event Objectives:	The focus of the talk is on increasing understanding and teaching new skills so that each participant leaves with practical tools they can use immediately in their own life and work.
Event Content:	<ul style="list-style-type: none"><li>* Positive and Negative Stress</li><li>* 3 approaches to Building Resilience &amp; Improving Well-Being</li><li>* How you can make the vital difference (using your Mind)</li><li>* Fast Relaxation Technique</li></ul>
Notes:	
UCD Instructor:	
Instructor (External):	Niamh Hannan
Building:	Not specified
Room:	N202, Smurfit School of Business
When:	13.00 on 15-Jun-17 for 1 hours