



UVM Employee Wellbeing Workshop Series

A partnership with INVEST FAP, choose

explore, and focus on you.



REMINDER

Wednesday

Breathe In, Breathe out

Learn more about the stress response, the triggers that "turn-on" our stress response. Learn more about this term, *stress response*, and how practicing breath work can help you turn it off and return to a state of calm. We will discuss different breath-work techniques at a beginner and an intermediate level.

Register Here

Registration open until the event begins.

Questions? employeewellness@uvm.edu More Information on additional workshops www.uvm.edu/hrs/wellness