



"Managing Stress and Self-Care: "No" Is a Complete Sentence"  
August 23, 2023

## Resources

### Webinar Material

- [Presentation Slides](#)
- [Presenter Bio](#)
- [Webinar Site](#)

### CUPA-HR Knowledge Center Toolkits

Health & Well-Being:

- [Health and Well-Being](#)
- [Mental Health](#)

### Additional Resources

[Holmes-Rahe Life Stress Inventory](#)

[Olga Phoenix - Create Your Own Self-Care Wheel](#)

[Olga Phoenix - Self-Care Wheel Ideas](#)

[Self-Care Assessment](#)



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RESOURCES

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