“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
Sponsor Material from PageUp

- PageUp Higher Education Overview
- PageUp Higher Education Flyer