INTRODUCTION TO STRESS MANAGEMENT
This brown bag presentation provides an introductory overview of stress management techniques that can be used in daily life. Participants will practice specific stress management techniques in the class and will be encouraged to select some of these techniques for active implementation in their personal and professional lives. The format is informal, practical and interactive.

MANAGING YOUR STRESS THROUGH MANAGING YOUR THINKING
This brown bag is available to all units on central campus, this brown bag identifies ways in which negative and illogical thinking often leads to personal and occupational stress. The brown bag also includes methods to replace these illogical thoughts with more logical or rational ways of thinking, which has been found to significantly reduce stress. To inquire about scheduling a brown bag, please contact FASCCO at (734) 936-8660.

UNDERSTANDING MENTAL HEALTH CONDITIONS AND HAVING A CONVERSATION OF CONCERN
Do you know that an estimated 1 in 5 Americans (43.4 million adults) experience a mental illness in a given year? Given that you, a family member, or a coworker might be that one individual, perhaps you can benefit from a better understanding of how mental and emotional health conditions impact the work environment and what factors constitute a mental health-friendly work environment. Join us to discuss these issues and learn about the workplace programs and resources available to UM faculty and staff who experience mental health conditions.

FASCCO counselors also develop and teach MHealthy classes on a range of emotional and mental health topics. These classes are free of charge and open to all employees.