

Managing stress and work-life balance in the era of Covid-19

*A one hour Zoom workshop for scientists, staff and
administrators*

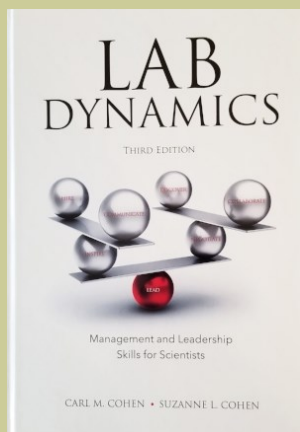
*You will learn about and practice tools
you can use right away to minimize
work-related stress:*

- *Using breathing as a tool.*
- *The benefits of setting boundaries and limits.*
- *Using diet and nutrition to combat stress.*
- *Getting the most from good sleep.*
- *Eleven cognitive tools to counter-act stress.*
- *Apps and online resources you can use.*



*A one hour productivity-enhancing
workshop*

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The Workshop

The unprecedented disruption in how we work and interact caused by the Covid-19 pandemic continues to have profound consequences. In addition to changes in our long established work routines are the attendant social and psychological stresses of managing new ways of interacting and working.

Specific tools presented include:

- *How to set boundaries and limits to balance your work and life.*
- *Managing stress by regulated breathing, diet and sleep.*
- *Counteracting stress using cognitive tools.*
- *Using apps and online resources for stress management.*

During the workshop we will explore what about our new work situations creates stress or tension and review what features of this new situation are the hardest to adapt to or manage.

You will learn the difference between “automatic” responses to stress, which are unhelpful or maladaptive, and “adaptive” responses which promote optimal functioning and resiliency by minimizing the negative effects of stressors.

During the workshop you will learn and practice six easy to use adaptive stress strategies that you can put to use immediately to limit the impacts of stress on your work life and help keep you focused. These same tools applied to your personal life will enable you to get the most out of your personal or family time. Finally, we will explore what may be keeping you from managing your stress and what you can do about it.



Workshop Leader

Suzanne L. Cohen, Ed.D., is a Licensed Psychologist, Certified Group Psychotherapist and Fellow of the American Group Psychotherapy Association. She has over 30 years of experience providing individual, couples and group therapy. Suzanne served as Clinical Instructor in Psychology in the Department of Psychiatry at Harvard Medical School. She has led workshops on sexual harassment in the workplace and stress management for the National Institutes of Health. Suzanne is co-author with her husband Carl M. Cohen of “Lab Dynamics: Management and Leadership Skills for Scientists” 3rd ed. 2018. Cold Spring Harbor Laboratory Press.