



## STRESS and COPING

### The Issue

Stress is relentless, attacking in the form of external sources on a regular basis. Stress is also a result of everyday choices we make that influence our mental and physical health, causing internal stressors that can be difficult to manage.



### Extension Response

**Stress and Coping** is an interactive online or in-person program featuring awareness regarding the variety of symptoms of stress and how stress manifests itself physically, coping strategies, tips for approaching and communicating with a stressed person, and helpful resources for an overall higher quality of life. This program is intended for adult audiences such as employee groups, organization members, or conference attendees.

### Evaluation feedback from program:

*"I was snapping photos of the slides for family and friends the whole time."*

*"Most of the changes I will make are at home, which would indirectly affect my work."*

*"Many have been pushed as far as they can go by the agency over the last few years. But I have heard all positive comments about this seminar...you showed us what we can do, factors we can control. You gave us a lot of things to think about."*

*"I already put the hotline numbers on my phone like you said and shared them with several others in case they encounter people who may use these numbers."*



*"So thankful for this program...much needed."*

Susan Harris, Extension Educator – Rural Health, Wellness, and Safety

☎ 308.832.0645

✉ susan.harris@unl.edu

UNIVERSITY OF  
**Nebraska**  
Lincoln