

# LEARN TIPS TO REDUCE STRESS AND TEST ANXIETY



**STRESS** IS DEFINED AS A RESPONSE TO A DEMAND THAT IS PLACED UPON YOU. STRESS CAN HELP YOU ACCOMPLISH TASKS MORE EFFICIENTLY. TOO MUCH STRESS CAN CAUSE PROBLEMS THAT AFFECT OUR HEALTH, PRODUCTIVITY AND RELATIONSHIPS.

## Anxiety & Stress Management Presentation

Presented by: Counseling Services Staff Doug Byrd, M.A.

**Thursday, November 12 // 11:00 am – 12:15 pm**

**VIRTUAL LECTURE PRESENTATION VIA WEBEX >>**

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