

Stress Management—The Old Fashioned Way

Are you overwhelmed with the demands of daily life? Do your moods fluctuate more than usual? Are you finding less pleasure in things you once enjoyed? These may be signs of excessive stress—and your cue to start managing that stress proactively.



For faculty and staff interested in reducing their stress, the Center for Work and Family Life is sponsoring a unique workshop that will teach a blend of modern and ancient techniques including mindfulness, breathing, and other consciousness-raising methods proven over time and across cultures. Those who attend this free, one-hour workshop will learn how to:

- ✓ Develop greater awareness of stressors
- ✓ Manage the body's responses to stress
- ✓ Use breathing, mindfulness, and natural techniques to reduce stress in everyday modern life

Your presenter

Anasuya Krishnaswamy, PhD, MFA, is a part-time healer, storyteller, and explorer visiting USC from the San Francisco Bay Area. She has done research in experimental solid-state physics, earned yoga teacher certification, and now practices the Healing the Light Body techniques of the Four Winds Society.

This workshop will be offered **ONE TIME ONLY—seating limited!**

University Park Campus

When - Monday, November 16, 2009 12– 1pm

Where - Hamovitch Research Center (MRF Bldg. 1st Floor)

Please RSVP with Susan.
Call 213.821.0800 or,
Email: cwfl@usc.edu

The Center for Work and Family Life (CWFL) is USC's faculty/staff assistance, work-life and wellness program. We have locations on both UPC and HSC campuses. All CWFL services are a benefit of employment at USC, strictly confidential, and completely free of charge.

For more information regarding the range of services we offer, please visit our website:

www.usc.edu/worklife