



StressFree at UCR

Dr. Kate Sweeny, Associate Professor of Psychology and the Healthy Campus Initiative would like to invite you to participate in "StressFree UCR." StressFree UCR is an 8-week stress management program using the free Headspace app.

What do we know about work stress

Job stress is one of the major sources of stress reported by American adults. High work stress can lead to poor mental and physical health, including depression, anxiety, heart disease and type 2 diabetes. In fact, an estimated 5-8% of annual U.S. healthcare costs are due to work-related stressors.

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Across the UC Campuses, scientists are working towards a future where stress no longer damages our bodies and minds. By partnering **mindfulness** with **technology**, the study aims to build a happier, less-stressed future for staff and faculty across UC Campuses. Participate and receive a free one-year subscription to the Headspace app and the opportunity to win raffle prizes throughout the program.

StressFree at UCR – Information Session

Wednesday, March 28, 2018 | 12:00 – 1:00 p.m. | HUB 269

Join us and learn about mindfulness meditation and how to participate in StressFree UCR. Healthy food provided!

Researchers from the UCR Department of Psychology and Healthy Campus Initiative are interested in your health and well-being!

No need to RSVP. Just show up!

For more information visit: stressfreeuc.org (coming soon) or contact [Kate Sweeny](#), Associate Professor of Psychology or [Julie Chobdee](#), Wellness Program Coordinator.

Print and post the [StressFree at UCR flyer](#).