



THE UNIVERSITY of NORTH TEXAS  
HEALTH SCIENCE CENTER at FORT WORTH

# AUGUST

## 31 Beating Burnout

wednesday Hosted by: **Office of Care & Civility and Dr. Emily Mire**

There are high levels of stress among graduate students. This is associated with many adverse outcomes, including academic burnout. Join Master of Public Health student Sophia Brockman and Dr. Emily Mire for a virtual presentation on identifying burnout signs and symptoms, and ways to prevent and reduce them.

Time: **Noon – 1 p.m.**

Location: **Zoom**

HSC Well-Being Domain: **Knowing Yourself & Navigating Individual Needs**

## Be|Well Study Break Palooza

Hosted by: **Office of Care & Civility and LIB**

Did you know that taking purposeful breaks (five to 60 minutes long) from studying to refresh your brain and body increases your energy, productivity and ability to focus? Join us at the Gibson D. Lewis Library to learn more about the importance of taking a break. In addition to food, multiple resting and recharging rooms will be set up throughout the building to encourage you to participate in stress-reducing activities such as guided meditations, a silent dance party and more.

Time: **4–6 p.m.**

Location: **Gibson D. Lewis Library**

HSC Well-Being Domain: **Knowing Yourself & Navigating Individual Needs**

# BE | WELL WEEK

TO RSVP:



[unthsc.edu/students/wellbeing-qep](https://unthsc.edu/students/wellbeing-qep)