Stress Management and Biofeedback for Emory Students – Fall 2015

Learn to manage your stress better, while relieving certain physical and emotional symptoms of stress.

Sample Topics

Time Management, Test Taking Anxiety, Public Speaking Anxiety, Relaxation Skills In the Moment, Building Happiness, Effective Communication, Self-Care and Life Balance, Being in the Present Moment, Managing Thoughts and Feelings, Compassion, Self-Confidence

Biofeedback for Learning Relaxation

Included in each session, is hands on training with computerized monitoring and feedback of the body’s stress and relaxation responses. With this feedback you can learn how your body reacts to different stress management techniques and create a personalized toolbox of strategies!

Choose a Class Time / Attend for 6 Sessions

*Please note there may be a waitlist for some classes

Mondays: 2:15 – 3:45 pm
Fridays: 10:15 – 11:45 am OR 1:15 – 2:45 pm

Call (404)727-7450 to schedule an initial evaluation for services at Student Counseling and Psychological Services (CAPS). If you are already a client of the Center, please speak to your counselor about your interest in the program.

CAPS is located at 1462 Clifton Rd., Suite 235