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| **Personalavdelningen** |  |

Less stress – more energy

The Human resource Office offers a lecture on stress and dealing with stress. The lecture is approximately 2 hours and is limited for 30 participants

# Content

What is stress?

What is the function of stress?

Temporary stress versus long period of stress

Risks of stress

Signs of exhaustion

Do we have any tolls?

# Invited

Employees within SLU--Ultuna

# When and were

Tuesday November the 8th at l 13 – 15 hours in “Sal T” in Ulls hus, Ultuna

: [Sign up here](https://arbetsplats.slu.se/sites/infra/ASK/anmalanevent/lessstress/default.aspx) no later than November the 2nd

# Leader

From Länshälsan (Our occupational health care)

If you have any questions don’t hesitate to contact: Monica Östman at the Human Resource Office e-post [monica.ostman@slu.se](mailto:monica.ostman@slu.se) or telephone 018-67 12 27