

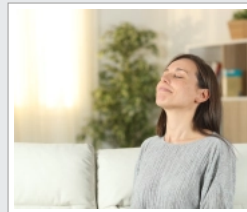
April 8, 2020

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## Breathe your way to less stress, better health webinar April 9

by ESO

Who isn't stressed these days? But if it isn't managed, stress can damage your health. The good news is, you don't need to take a long vacation to reduce your stress. All you need is air.



Join UHD's UTEAP April 9 at 2 p.m. (CST) for the free webinar "Breathing your way to less stress and better health." Attendees will learn:

- How stress impacts your breathing
- How deep breathing can lower your stress
- Three techniques for deep breathing

Register for the webinar [HERE](#).

The following is a list of upcoming UTEAP webinars:

- [Think yourself healthy](#) (April 16)
- [Financial worries in the house](#) (April 23)
- [Coping with job loss: When friends and loved ones are laid off](#) (April 30)
- [Managing worry in worrisome times](#) (May 5)

For more information on upcoming webinars, additional health and well-being resources and how to login to UTEAP, visit [UHD's Employee Assistance Program \(UTEAP\) webpage](#).



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