



Stony Brook
University

THE OMBUDS OFFICE

*We're here to listen with an open mind.
We're here to help resolve problems fairly.*

stonybrook.edu/ombuds • (631) 632-9200

Confidential Impartial Informal Independent

APRIL 2020 ONLINE WORKSHOPS - repeated throughout the month

Click the links below to register; select the date and you will receive a Zoom meeting room invite.

COMMUNICATING DURING A CRISIS (New)

When we feel stress and anxiety it's often difficult to be at our best when communicating with others. Learn about some quick and easy tips. They will help us stay in the present moment, be more self-aware and reduce unnecessary conflict or miscommunication.

[Weekly on Tuesdays at 4 pm on April 7, 14, 21 & 28](#)

IMPROVING PERFORMANCE (New)

Making time to develop optimal performance is not easy. With the amount of stress, distractions and interruptions in our daily lives, it's difficult to commit to this goal. Many sources refer to the ABC's of self-care to reduce stress. Learn about these and other tips for guidance and support.

[Weekly on Fridays at 1 pm on April 10 & 17](#)

BECOMING RESILIENT (New)

Resilience is the ability to bounce back after adversity or change. Why are some people more resilient than others? How is it that even though they experience the same event as we do, that they seem to cope better?

[Weekly on Mondays at 4 pm on April 13, 20 & 27](#)

ADJUSTING TO CHANGE & TRANSITION (New)

It is not uncommon for people and institutions to resist change. Often it is not the change that people struggle with; it's the transition - our psychological adaptation to the change.

[Weekly on Thursdays at 1 pm on April 9, 16, 23 & 30](#)

