
# CLMS STUDENT SUPPORT SERVICES (SSS)

 **ALL CLMS STUDENTS ARE WELCOME**

Stress management Workshop

Meeting ID: 985 3112 3421

Passcode: 097299

THURSDAY 27 MARCH 2025 12H00 – 13H00 (SAST)

**GREAT OPPORTUNITY TO:**

* **Learn how to manage stress better and take care of your mental well-being.**
* **Learn practical coping techniques and how to recognize burnout.**
* **Learn ways to build resilience.**
* **Learn how to balance academics, relationships, and self-care without feeling stretched too thin.**



 **TO FIND OUT MORE, PLEASE CONTACT:**

[**https://stuukznac.sharepoint.com/sites/clmsstudentsupport**](https://stuukznac.sharepoint.com/sites/clmsstudentsupport)

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**INSPIRING GREATNESS**