

### **Managing stress during COVID19 crisis**

It is evident that we live in strange times. In this chaos of uncertainty we are called to adjust into new things which sometimes cause feelings of awkwardness and agony.

THIS SEMINAR WILL PROVIDE A SERIES OF PRACTICAL AND PSYCHOLOGICAL SKILLS FOR BETTER MANAGEMENT OF THIS PERIOD OF THIS PERIOD OF UNCERTAINTY AND PHYSICAL ISOLATION.

1. Learn how to live better in an environment of uncertainty, by creating new goals and by rearranging priorities during the academic year.
2. Learn how to organize your time in a better way so that you maintain a functional flow for things that are important to you.
3. Find ways on how to deal with the intense feelings of stress.
4. Develop practical and creative skills on how to manage the challenges and difficulties of this period.

### **Short speaker description**



Georgia Frangou is the Center of Student Development Officer of Cyprus University of Technology since September of 2019. She is a registered Clinical Psychologist. She has graduated from the University of Louisiana at Monroe, Monroe, Louisiana with a Psychology Bachelor of Arts degree and there on from Pittsburg State University, Pittsburg, Kansas, with a Master of Science in Clinical Psychology. She is a Doctoral candidate at the University of Cyprus and her research interest concentrate on narcissistic personality disorder, psychopathy, and deviant behaviors. During her career, she has worked as a clinical psychologist in many areas (Military, school settings, Governmental Mental Health Services), where she had the opportunity to collaborate with an array of populations (adults, children, adolescents, families, addictions, mood disorders etc).