

# Dears at DANDRITE,

YoDa is inviting you to its first virtual career café, our guest is Bodil Øster, who will talk about a topic that is very relevant to our daily work life.

Bodil is a PhD alumni from AU health, postdoc in cancer research and a newly certified GROW2 coach.

## The topic is:

We all deserve a long and happy life and we all make choices that impact our everyday life. Some people are exceptionally good at saying yes to too many things whereas others are better at finding the right balance.

In this talk we will take a look at what stress is. We will discuss what causes stress and what to be aware of if stress moves in as a more permanent companion and not just a good friend that lends a hand in times where extra strength is needed.

Finally, we will talk about how to cope with stress and how to keep stress at healthy and manageable levels.

When?

4<sup>th</sup> December 2020

What time?

12:00-13:00

Where?

Virtual via zoom, link:

