



Stress Awareness Week

NOVEMBER 2025

Falcons,

October 30 – November 3 is Stress Awareness Week!

International Stress Awareness Week is a major annual event focusing on stress management and campaigning against the stigma associated with stress & mental health issues.

Stress is produced by your own feelings and reactions to certain external events, rather than by the events themselves. But while you may not always be able to control the external events causing your stress, by applying mindfulness techniques, you can control your reactions to them. This week, we invite you to think about:

- **How we can all help people who face mental health challenges**
- **How employers are responding to stress and mental health issues**
- **How workplace changes such as hybrid working are affecting wellbeing and levels of resilience**
- **How those suffering with stress and mental health issues can access advice and support**

To learn more, consider launching one of the recommended featured assets on the right.

UNLEASH YOUR EDGE WITH OTHER LEARNING OPPORTUNITIES
<https://daytonastate.percipio.com/>

For more information, contact the **Department of Learning & Development** by email: ProDevo@DaytonaState.edu

CLICK TO LAUNCH FEATURED ASSETS



[Managing Stress](#)

[Thriving with High-pressure Work](#)



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