



**Mapua University**  
Center for Guidance & Counselling  
presents

### Investing on Character Strengths in Managing **STRESS**

(A Seminar on Stress Management)

Resource Speaker:  
**DARWIN C. RUNGDUIN, RPsy, RPPm**

**Grit**  
**Resiliency**  
**Patience**  
**Confidence**  
**Courage**  
**Discipline**

**NOVEMBER 25, 2019**  
**9:00 AM**  
AUDIO VISUAL ROOM 1  
MAPUA UNIVERSITY  
MAKATI

**DISGUST** **FEAR** **JOY** **ANGER** **SADNESS**

### OBJECTIVES:

To let the participants discover the effective ways on managing stressful situations by:

- 1) Recognizing stress level and its impact on life,
- 2) Exploring and identifying more proactive ways of responding to any situations, and
- 3) Develop a healthy lifestyle that will free someone from the stress cycle.

