

Dear Students of the course aVLLP7X1/34,

let me specify the information related to our oncoming lesson focused on the **Stress Management and Coping**. Lesson will be provided online (via Zoom) and take place on **Tuesday March 2** between **10:30 a.m.** and **1 p.m.** I kindly ask you to look at the **Study materials** (mostly PDF).

Direct link to all the materials is:

<https://is.muni.cz/auth/el/med/jaro2021/aVLLP7X1c/um/stress>

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The **program of the lesson** (March 2; 10:30 – 13:00) will be as following:

10:30-11:00 individual studying Lesson 1:

Please devote the first 30 minutes of our session (or any time before) to reading this document (and related links or recommended video presentations):

https://is.muni.cz/auth/el/med/jaro2021/aVLLP7X1c/um/stress/WLB_Humpolicek_Lesson_1_stress.pdf

11:00-12:00 online (Zoom) **Lecture 1 & 2** (discussion Lesson 1 & introduction to Lesson 2)

Please **join the online lesson at 11:00 a.m.** (on Tuesday March 2) **via Zoom:**

Join Zoom Meeting: <https://cesnet.zoom.us/j/94544589639>

Meeting ID: 945 4458 9639

12:00-12:15 break

12:15-13:00 online (Zoom) **Lecture 3 & 4** (discussion Lesson 2 & introduction to Lesson 3 and 4)

Please **join the online lesson at 12:15 a.m.** **via Zoom.**

Instruction to individual exercises (Autogenic training and 5S – following the instructions and links involved in PDF of Lesson 3):

https://is.muni.cz/auth/el/med/jaro2021/aVLLP7X1c/um/stress/WLB_Humpolicek_Lesson_3_relaxation.pdf

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If you have any questions or comments feel free to contact me via email (humpolicek@med.muni.cz).

I look forward to seeing you on Tuesday morning!

Pavel Humpolicek