

# *You are invited*

**to attend the Summer 2012 Lecture of the Wellness Grand Rounds series**

**Sponsored by the Chancellor's Council on Faculty Life**



## Positive Emotion in the Midst of Stress: It's not Crazy, It's Adaptive

**Tuesday**

**July 10, 2012**

**4:00–5:00 pm**

**Parnassus**

**Room HSW 303**



**REGISTER AT:**

[www.surveymonkey.com/s/YSPZSFD](http://www.surveymonkey.com/s/YSPZSFD)

### **Judith Tedlie Moskowitz, PhD, MPH**

*Associate Professor in Residence, UCSF Department of Medicine  
and the Osher Center for Integrative Medicine*

Stress is ubiquitous. Not surprisingly, research and practice have focused almost exclusively on the negative emotional and physical sequelae of stress. However, recent work points to the unique importance of positive emotions in coping with stress and reducing the toll stress has on our psychological and physical well being. Dr. Moskowitz will identify the beneficial effects of positive emotion in the context of stress and suggest empirically supported ways to increase positive emotion, and, as a result, cope better with the stress of daily life and work.

**Registration for this workshop is encouraged.**

*For additional information please contact Noleine Blizzard at 415/502-0244 or [Noleine.Blizzard@ucsf.edu](mailto:Noleine.Blizzard@ucsf.edu)*

The Chancellor's Council on Faculty Life (CCFL) Wellness Grand Rounds series consists of lectures and/or workshops and is one of CCFL's initiatives to create a supportive work environment for faculty. Additional information on the series is available on the Academic Affairs website: <http://academicaffairs.ucsf.edu>

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# Wellness Grand Rounds

