

**Journey to Wellness - Managing Daily Stress as an Advisor**

*Laughter, Washington State University*

In this dynamic presentation participants will have the opportunity to learn more about the significance of maintaining their personal well-being. The presenter intends to provide practical "advice" from their own journey to well-being as well as engage participants in sharing their journey's in order to reinforce the importance of maintaining personal well-being to best serve our students. Do you work with large numbers of students with mounting demands in an increasingly tight budget climate? How do we take care of ourselves and serve our students when we are expected to do more with less? Many advisors sacrifice their own wellness in order to keep up with the hectic pace of this environment and this presentation is intended to give the participants practical tools to take with them back into these tumultuous times!