

S.P.I.C.E. - Emotional

<p>Emotional</p> <p>NURTURING THE HEALTH OF OUR MINDS WITH RESPONSIBLE CHOICES</p> <ul style="list-style-type: none">• Handling conflict & anger• Having a high self-esteem• Being assertive• Coping with stress• Learning to deal with change in a positive way• Having a healthy mental well-being• Having a positive attitude	<p>Emotional</p> <p>UNMC:</p> <ul style="list-style-type: none">• Faculty / Employee Assistance Program (FEAP)• Student Counseling• Stress Management Workshops• Conflict Management Classes• Participating in an Activity Program
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Any comments or suggestions regarding this web page can be emailed to rpruch@unmc.edu
rev. 01/14/2002 rp