

# MANAGING STRESS

**Tuesday, July 17th**  
**3:00 p.m.**  
**DMC 1008B**

**Also being broadcast to  
LSUHSC-S and LSUHSC-NO**

Stress is a normal part of our daily lives. An appropriate level of distress can be motivating and increase productivity. However, when we consistently experience high stress over time, it can negatively impact psychological and physical health. This presentation will focus on ways to become stress resilient. Ways to recognize the warning signs of distress and strategies to reduce distress will be discussed. We will also talk about ways to increase stress resilience.



## Carrie Tucker

Carrie Tucker, MSW, LCSW-BACS is interested in ways that individuals can use Mindfulness and Relaxation techniques to achieve emotion regulation, improve interpersonal relationships, and find more joy in their lives. Carrie holds a BA in Psychology and a MS of Social Work both from LSU. She also completed her BACS (Board Approved Clinical Supervisor) certification. Carrie is currently working as a therapist at LSU Mental Health Service. She is the training director for the Master's level internship program at LSU MHS.



## Melinda Le

Melinda Le is a psychologist at LSU Mental Health Service. She received her undergraduate at LSU, her Master at Minnesota State University-Mankato, and earned her Ph.D. from the University of Nebraska – Lincoln. Dr. Le enjoys working with individuals during a critical period in their lives and helping them recognize their strengths and their capacity for making positive changes. In addition to her role as clinician at LSU MHS, Dr. Le serves as Director of Training for Southern Louisiana Internship Consortium, an APA-accredited psychology internship program.



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