STRESS LESS, LEARN MORE: STRESS MANAGEMENT FOR STUDENTS



Event Details

Where: Interactive Virtual Zoom Session

Speaker: Therese Watkins-Laptiste, MD

Date: Thursday, February 12th, 2026

Time: 12:00 PM – 1:00 PM

Session Focus:

Identifying Stress: Pinpointing common academic, social, and personal stressors students face.

Effective Coping Tools: Learning practical techniques and strategies to manage stress and pressure.

Boosting Learning & Well-being: Understanding how stress reduction enhances focus, performance, and overall health.

To Register, please click the link or scan the QR code:
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Questions? Please email:

SchoolMentalHealth@northwell.edu

Frequently Asked Questions:

Is registration required for this program?

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When will I receive the webinar information for this program?

The webinar information will be sent to you after you register. Please do not share this information with others.

Will this session be recorded?

Due to the interactivity that we encourage during these lunch and learn sessions, to protect our participants privacy, we do not record these sessions. For recorded sessions, please visit our YouTube channel here.