

## **Shannon's Work Stress Reset**

Shannon Smith is the Project Manager in Planning Design and Construction. His department oversees the planning and implementation of campus master planning, new construction projects and renovations on campus.

A few years back, Shannon took an active approach to better managing his stress by completing the SMART (Stress Management and Resilience Training) course offered through the CWRU Wellness

Before coming to CWRU I was working in Architectural firms where there is a lot of stress to complete/manage projects without enough manpower or working hours which causes a tremendous amount of stress.

I carried this mentality over with me when I started at CWRU. After taking the SMART program I was able to greatly reduce my stress levels and understand that all of the work related tasks I have are important but they do not all have to be done right this second. I learned how to be more mindful of the moment and enjoy m