

Macon & Joan Brock Virginia Health Sciences at Old Dominion University

## Professional Well-Being Series

Hosted by the EVMS Faculty Affairs and Professional Development Office

# Cultivating Stress Resilience & Joy in the Polycrisis

**JUNE 8, 2026**

**12:00 - 1:00 PM**

**Zoom**



Zoom Link



*Presented by international expert on stress, well-being,  
and optimal aging:*

**Elissa Epel, PhD**

*Sarlo-Ekman Professor of Emotions and Vice Chair,  
Department of Psychiatry & Behavioral Sciences  
University of California, San Francisco*

Author of ***The Stress Prescription*** and co-author with  
Nobel Laureate Elizabeth Blackburn on the New York  
Times bestseller ***The Telomere Effect***

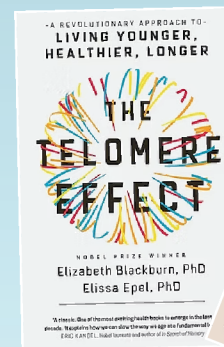
Her research focuses on the malleable determinants of  
healthy longevity, optimal metabolism, and mental health,  
both life course predictors and interventions to slow aging

Co-lead on the Climate Resilience Initiative as part of the UC-wide Center  
for Climate, Healthy and Equity

Co-leads a NIH Stress Measurement Network and an Emotional Well Being Network

Co-chair of the Mind and Life Steering Council (2016-2022)

President of the Academy of Behavioral Medicine Research (2019-2021)



All members of the campus community are welcome to attend.  
This activity has been approved for **AMA PRA Category 1 Credit™**