



Centrum podpory výuky LFP UK

Lecture for students

How to Manage Stress and Survive Exams

prof. MUDr. Jan Vevera, Ph.D.

**15.04.2025
17:00–18:00**

**Building U1
Brown auditorium**

Do you feel under constant pressure due to the demanding study of medicine? Do you feel stressed all the time?

Stress and anxiety are a natural reaction that has helped us survive since the beginning of humanity. They can paralyze us or give us the energy we need. But how to achieve this? The lecture is an introduction to mental hygiene and stress management.



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