

## 2018 ASMS Workshop: Debunking the Myth of Stress: A Career Development Workshop

Facilitators: Lucinda R. Hittle, Merck; Mike Lee, Milestone Development Services, Liz Pierson, Merck; Emily Ehrenfeld, New Objective; Troy Wood, University of Buffalo; Elaine Ricicki, Agilent; Tarick El-Baba, Indiana University; Mark Cancilla, Merck; Michelle Robinson, Merck

Approximate attendance: 75

Feeling stressed out? Anxious? Wondering how to take control of your own happiness? This was the workshop for you! Using the ActivInsight™ approach from Andrew Bernstein's *The Myth of Stress*, this workshop took participants through an organized stress reduction exercise. Several possible topics were brainstormed and the most stressful, talking to strangers was selected for further deconstruction. Common ground on this universal stress generating activity was found and multiple possible solutions proposed. The group then broke out into small group discussions with individuals leveraging the ActivInsight™ worksheet to deconstruct a personal source of stress. The small groups, facilitated by scientists across diverse sectors including industry, government and non-profit agencies, and academia, then held discussions of their challenges and potential mechanisms to reduce these sources of stress. The entire group reconvened briefly to compare notes and share learnings.

New and existing relationships across the society that span the boundaries of geography, age, level of experience, and academic training were fostered as well as enabling networking and small group discussions. The audience was asked for input regarding the viability of establishing a standing interest group as well as potential future topics. Please contact Lucinda Hittle or Mike Lee with any questions.

