

# STRESS AND EMOTION MANAGEMENT



Blended intensive programme (BIP) for students of Higher education Institutions

**18 May - 22 May 2026 - face to face**

**26 May 2026 - online meeting/virtual component**

**mon**

**Official Welcome**, Basics of stress and risks in the study environment

**tue**

Motivation and self-motivation as the basis for emotional stability

**wed**

Conflicts, emotions, and stress escalation: noticing and addressing them in time

**thu**

Burnout, stress management, and emotional self-regulation

**fri**

Stress or Emotions?  
Orienteering competition "Old Town Mission. Discover the Old Town through the lens of a camera", **Official Cloasure**

**Social activities:** Hop-On Hop-Off Tour around Riga; team-bulding event "Folk evening"; Museum

