

## **Collect tools and information on managing your stress** <sup>[1]</sup>

February 24, 2021 by [Employee Services](#) <sup>[2]</sup>

Life can be stressful at times, from dealing with work fiascos to juggling family responsibilities. Don't worry; we get it. That's why Health & Wellness is offering a stress management webinar Mar. 17 from 12 - 1 p.m.

Join us for an interactive talk focused on recognizing the function and method of stress and how to understand the essential ways to reduce stress with a CU Anschutz expert.

Alex Yannacone, Director of Education & Community Programs at the [Helen & Arthur E. Johnson Depression Center](#) <sup>[3]</sup>, will provide practical tips and tools to manage stress and change unhealthy habits.

### **Webinar Details:**

**Date:** Mar. 17

**Time:** 12 - 1 p.m.

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[health](#) <sup>[5]</sup>, [health & wellness](#) <sup>[6]</sup>, [SSC](#) <sup>[7]</sup>, [webinar](#) <sup>[8]</sup>

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