

Collect tools and information on managing your stress ^[1]

February 24, 2021 by [Employee Services](#) ^[2]

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](#) ^[3], 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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