MANAGE YOUR STRESS
BEFORE IT MANAGES YOU!

Part I: April 6, 2016
12 noon

Health Sciences Library
Reading Room – 3rd Floor
Anschutz Medical Campus

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Have you ever felt like you just can’t take it anymore? Ever felt like you can’t cope? Ever wanted to run away or escape your life?

Stress is an inevitable part of our lives, and everyone experiences it from time to time. Chronic stress, though, is unhealthy and can lead to a number of problems. If you find yourself answering yes to any of these questions or are struggling to keep your head above water, take advantage of this opportunity to learn about stress and take away some tips on how to manage it before it manages you.

A light lunch will be served. Please register at: https://gs.ucdenver.edu/limesurvey/index.php/681147

For special accommodations, please contact Patricia Goggans at: patricia.goggans@ucdenver.edu, 303 724 5878