



UNIVERSITY of  
DENVER



# Managing Stress in College: A Free Webinar for DU Undergraduates Hosted by the DU BRAVE Lab



College can be a stressful time, whether you're a first-time DU student or returning to campus.

This webinar provides tips and tricks for stress management so that you have a successful academic year. Topics will include:

- How to identify signs of stress
- Research-supported stress management techniques
- Effective communication with course instructors, peers, and family
- Campus resources to support your academic success and well-being

**Tuesday, September 14th, 2021**

**6pm-7pm MT**

**[CLICK HERE TO JOIN THE ZOOM WEBINAR](#)**

**Questions or want us to send you a zoom meeting invitation? Email [bravelab@du.edu](mailto:bravelab@du.edu)**