



Helen and Arthur E. Johnson  
Depression Center

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



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SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

# BMG Mental Wellness Series

*Hosted by the BMG committee for Diversity, Equity and Anti-racism (DEAR)*

**SAVE THE DATES!**



**Join us virtually 9:00-10:00AM**

**Thursday, January 14th -- Stress Management**

**Wednesday February 10th - Understanding Depression**

**NEW DATE: Wednesday March 17th - Anxiety 101**

**Wednesday April 7th - Self-Care Training**

**Stress Management:** An interactive talk focused on recognizing the function and method of stress and how to understand the essential ways to reduce stress. During this training, participants will learn practical tips and tools to manage stress and change unhealthy habits.

**Understanding Depression:** This talk helps identify signs and symptoms associated with depressive disorders while offering new approaches in understanding depression. Throughout this workshop, helpful tools and resources will be discussed and information will be provided in identifying when a referral to a specialist may be necessary.

**Anxiety 101:** An engaging talk to understand the signs and symptoms associated with anxiety. Participants will be able to identify tools to understand the basics of anxiety and stress response while learning helpful skills and treatment to support someone with anxiety.

**Self-Care Training:** An interactive, collaborate training, introducing the concept and importance of self-care as a basis for both personal and professional success. Participants will walk away with an understanding of the importance and necessity of self-care and the ability to identify areas of improvement in one's own self-care while recognizing different techniques and habits to develop a well-balanced lifestyle.

**Zoom invites will be sent out two weeks before each session.**

Programs are led by professionals from the CU Anschutz Depression Center.

**For questions, please email:** Sarah Gehrke [Sarah.Gehrke@cuanschutz.edu](mailto:Sarah.Gehrke@cuanschutz.edu)