Beating the Blues
A Spring 2018 Student Workshop

Whether you’re depressed and have a hard time getting out of bed or you’re just feeling “blue,” shaking off moods isn’t always easy. Learn coping mechanisms as well as how to reach out for help when needed.

When & Where
Monday, March 26
1:00-2:00 PM
African American Student Serv
Mesa Vista 1130

What You’ll Learn:
• Identify anxiety and depression
• Tips and tricks on how to manage the “blues”
• Retrain your brain for positivity
• Identify resources for help when needed

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu

Workshop cosponsored by
African American Student Services