Coping With the New Political Environment
A Spring 2017 Student Workshop

Some people may feel anxious about the current political environment in the U.S. This workshop will address ways you can keep your stress level better managed and under control.

**When & Where**
Wednesday, February 8, 2017
12:00-1:00 PM
African American Student Services
Mesa Vista Hall 1130

**What You’ll Learn:**
- Take care of yourself, e.g., eat healthy, sleep & exercise.
- Channel stress into local community and civic activities and volunteerism.
- Set aside specific times to check news and social media.
- Limit political debate: It’s important to stay engaged – but keep it in balance. If it’s stressful, then take a break.

**NO CHARGE! Sign-Up Online:** shac.unm.edu
**For More Info, E-Mail:** studentcounseling@unm.edu