Coping with Stress, Anxiety & Depression

**A Fall 2015 Student Workshop**

There are many causes for anxiety and depression while attending college. Academic stress, social stress, and physical stress are all factors that affect our mental health. In this workshop, you’ll learn how to identify situations that are stressing you out, and how to keep that stress from making you feel anxious and depressed.

**When & Where**

November 4, 2015
3:30PM-5PM
@ SHAC Rm 234
(take stairs to 2nd floor, take right to conference room)

**What You’ll Learn:**

- How to identify stress, anxiety and depression
- Tips and tricks on how to manage anxiety
- How to retrain your brain for positivity

*No Charge! Sign-Up Online: shac.unm.edu
For More Info, Email: studentcounseling@unm.edu*