“Dang... I’m Stuck in a Rut Again!”
Implementing Strategies to Activate Behavior and Increase Motivation

Fall 2021 Workshop for Students

COVID-19 and pandemic isolation have left many people feeling unmotivated even as cities began to open up. This workshop will discuss how behavioral activation and mood tracking can assist students in understanding how they are feeling and give practical tips for increasing motivation.

**When & Where**
Wed., Sep. 22, 2:00-3:30 PM
Via Zoom

**NO CHARGE!**

**RSVP:** studentcounseling@unm.edu
Deadline to Register: 1 Business Day Before Workshop