

# OVERCOMING STRESS & ANXIETY

October 25th 2-3:30 PM

FREE WORKSHOP!  
FALL 2023



Learn:

- ✓ *How academic, social, and physical stress can affect mental health*
- ✓ *Tools for reducing stress and anxiety*
- ✓ *How to reduce stress & anxiety during challenging times*

**Sign Up  
Now!!  
Students  
can attend  
for FREE!**



STUDENT HEALTH  
& COUNSELING

Email [tholland1@unm.edu](mailto:tholland1@unm.edu) to register by selecting which workshop you want to attend!