Rewiring Your Brain for Positivity
A Spring 2017 Student Workshop

Changing habits is a bit easier if you understand how your brain is wired and how you can rewire it in a positive way. At any given moment, your brain can either support or impede new learning and change. By understanding the difference and learning how to use change exercises in your everyday life, you may be able to rewire your brain to support a more effective, efficient, happy you.

When & Where
Tuesday, February 7, 2017
3:30-5:00 PM
Mesa Vista Hall 3056, 3rd Floor

What You’ll Learn:
• How to break out of the negative loop
• How to train your brain to make positive patterns
• Minding your mind - how to pay attention to the present

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