

The Selfhood Struggle: Identity & Coping in America Today

A Spring 2018 Student Workshop

Some Americans face socio-cultural, academic, and negative stressors that generate stress experiences and identity conflicts. These stressors may lead to psychological pressures that negatively affect relationships and overall health. Learn ways you can keep your stress level better managed.

When & Where

Monday, February 26

1:00-2:00 PM

African American Student Services
Mesa Vista Hall 1130

Workshop cosponsored by
African American Student Services

What You'll Learn:

- Take care of yourself, e.g., eat healthy, sleep & exercise.
- Engage in meaningful activities.
- 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!

For More Info, E-Mail: studentcounseling@unm.edu