



# Stress & Anxiety Toolbox

*A Fall 2018 Student Workshop*

There are many causes for stress and anxiety while attending college. Academic stress, social stress, and physical stress all affect mental health. Learn how to identify situations that stress you out, and how to keep that stress from making you feel anxious and depressed.

## **When & Where**

One Session-Workshop  
offered on following dates:

Tue., Sep. 25, 3:30-5:00 PM

Tue., Oct. 30, 3:30-5:00 PM

Mon., Nov. 12, 3:30-5:00 PM

Wed., Dec. 5, 3:30-5:00 PM

**SHAC, Room 234**

## **What You'll Learn:**

- Identify stress, anxiety and depression
- Tips and tricks on how to manage anxiety
- Retrain your brain for positivity

## **NO CHARGE!**

*For More Info, E-Mail: [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)*