Stress & Anxiety Toolbox
Fall 2022 Workshop for Students

There are many causes for stress and anxiety while attending college. Academic stress, social stress, and physical stress all affect mental health. This interactive workshop will provide tools for reducing stress and anxiety, especially during challenging times.

When & Where
One Session-Workshop offered on the following dates:
Thu., Sep. 8, 11:00 AM-12:00 PM
Thu., Sep. 29, 9:00 AM-10:00 AM
Thu., Oct. 13, 3:00-4:00 PM
Thu., Oct. 27, 3:00-4:00 PM
Thu., Nov. 10, 11:00 AM-12:00 PM
Wed., Nov. 30, 1:30-2:30 PM
Thu., Dec. 8, 3:00-4:00 PM
Fri., Dec. 16, 9:00-10:00 AM

Via Zoom

What You’ll Learn:
• Identify stress, anxiety and depression
• Tips and tricks on how to manage anxiety
• Retrain your brain for positivity

NO CHARGE!

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

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