Stress & Anxiety Toolbox for LGBTQIA+ Students

Fall 2021 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. This workshop will focus on LGBTQIA+ students.

When & Where
Wednesday, December 1
3:00-4:30 PM
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

Workshop Co-Sponsors:
Student Health & Counseling (SHAC)
LGBTQ Resource Center

shac.unm.edu