



Stress & Anxiety Toolbox

A Spring 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., Jan. 30, 3:30-5:00 PM
Wed., Feb. 28 3:30-5:00 PM
Thu., Mar. 29, 3:30-5:00 PM
Tue., Apr. 17, 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