

# Stress Management

*A Spring 2017 Student Workshop*

Academic stress, social stress, and physical stress are all factors that affect our 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

Wednesday, March 8, 2017

Noon-1:00 PM

**African American Student Services**

(1130 Mesa Vista Hall)



UNM

African American Student Services

## What You'll Learn:

- The physiological mechanisms of stress
- Identify and better manage one of the major causes of academic stress
- Simple techniques to reduce stress and relax
- Counseling Services at SHAC

**NO CHARGE! Sign-Up Online: [shac.unm.edu](http://shac.unm.edu)**

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

