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)

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
For More Info, E-Mail: studentcounseling@unm.edu