



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

Friday, April 7, 2017
3:00-4:30 PM
Mesa Vista Hall 3056
3rd Floor

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

