

Workshops - Fall 2018

For UNM Students Only - NO CHARGE!

Pre-registration is not required. For information, e-mail: studentcounseling@unm.edu

Workshop	Date / Time / Location
Catch Some Zzzzs: Healthy Sleep Learn about the practices, habits, and environmental factors that are important to getting sound sleep.	Wed., Oct. 10, 2:00-3:30PM SHAC, Room 234
Confidence in the Classroom: Surviving & Thriving During Difficult Conversations Learn how to cope with hostility in the classroom and how to develop personal power and assertiveness.	Tue., Oct. 9, 12:30-1:30 PM African American Student Serv
Coping With Endings Dealing well with endings is one of the most difficult things we humans do. Learn how to cope better with endings.	Tue., Nov. 27, 3:30-5:00PM SHAC, Room 234
De-Stress With Essential Oils Learn about the different kinds of essential oils that can help with relaxation and focus.	Thu., Oct. 25, 12:00-1:00 PM Women's Resource Ctr.
Intro to TAO (Therapy Assisted Online): Your Online Mental Health Tool Get enrolled for Self-Help. Discuss issues that are primary for Black students.	Tue., Sep. 11, 12:30-1:30 PM African American Student Serv
Mindful Eating Learn about mindful eating with SHAC's licensed nutritionist. Information: peerhelp@unm.edu	Tue., Nov. 13, 1:30-2:30 PM SHAC, Rm 234
Personal Tragedies: Coping With Losses That Hit Home Understand the anxiety and mood issues following tragedy.	Tue., Nov. 13, 12:30-1:30 PM African American Student Serv
Stress & Anxiety Toolbox (One Session) Learn how to identify situations that stress you out, and how to keep that stress from making you feel anxious and depressed.	Tue., Sep. 25, 3:30-5:00PM SHAC, Room 234 Tue., Oct. 30, 3:30-5:00PM SHAC, Room 234 Mon., Nov. 12, 3:30-5:00PM SHAC, Room 234 Wed., Dec. 5, 3:30-5:00PM SHAC, Room 234
Test Anxiety Understand the causes of test anxiety and learn coping skills.	Wed., Sep. 12, 3:30-5:00 PM SHAC, Room 234
"You Mean I Gotta Be Around People?" Social Anxieties Come be with a few people to learn about anxiety.	Tue., Dec. 4, 12:30-1:30 PM African American Student Serv