# Zoom Workshops – Fall 2022

For UNM Students Only – NO CHARGE!

**RSVP:** studentcounseling@unm.edu  
**Deadline to Register:** 1 Business Day Before Workshop

<table>
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<tr>
<th>Workshop – Via Zoom</th>
<th>Date / Time</th>
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| **Anger Management** (One Session)  
Learn coping techniques and problem-solving strategies. | Tue., Sep. 13, 3:00–4:30 PM  
Wed., Oct. 19, 1:30–2:30 PM |
| **Career & Mental Health**  
Learn ways to deal with career uncertainty. | Tue., Sep. 27, 10:00–11:00 AM |
| **Catching Some ZZZs**  
Learn about the important factors for getting sound sleep. | Tue., Oct. 18, 3:00–4:30 PM |
| **Coping with Endings**  
Learn how to cope with endings of relationships, jobs, etc. | Tue., Dec. 6, 4:00–5:00 PM |
| **Emotional Wellness for the Graduate Student**  
Learn how to manage your feelings and related behaviors, cope effectively with stress, and adapt to change. | Wed., Nov. 2, 2:00–3:00 PM |
| **Healthy Relationships**  
Learn about the components of happy, long-term relationships. | Thu., Oct. 6, 11:00 AM-12:00 PM |
| **Healthy LGBTQIA+ Relationships**  
Learn about the components of happy, long-term LGBTQIA+ relationships. | Tue., Nov. 8, 3:00-4:30 PM |
| **Managing Money Stress & Mental Wellness**  
Learn how to manage anxiety about finances. | Wed., Oct. 26, 1:30–2:30 PM |
| **Resilience: Build Skills to Endure Adversity**  
Learn ways to recover quickly from difficulties. | Wed., Sep. 7, 3:30-4:30 PM |
| **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/or depressed. | Thu., Sep. 8, 11:00 AM–12:00 PM  
Thu., Sep. 29, 9:00-10:00 AM  
Thu., Oct. 13, 3:00–4:00 PM  
Thu., Oct. 27, 3:00–4:00 PM  
Thu., Nov. 10, 11:00 AM–12:00 PM  
Wed., Nov. 30, 1:30–2:30 PM  
Thu., Dec. 08, 3:00–4:00 PM  
Fri., Dec. 16, 9:00–10:00 AM |
| **Stuck in a Rut Again**  
Learn strategies to activate behavior and increase motivation. | Wed., Oct. 12, 10:00–11:00 AM |
| **Values-Based Actions**  
Clarify your values to help you move forward on important commitments. | Thu., Sep. 15, 3:00–4:00 PM |
| **What to Do with Grief**  
Learn healthy ways to deal with the grieving process. | Tue., Oct. 25, 4:00–5:00 PM |

Schedule subject to change | Updates: shac.unm.edu | SHAC Phone: (505) 277-3136

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