



THE UNIVERSITY of
NEW MEXICO

Student Health & Counseling (SHAC)

Counseling Services
MSC06 3870
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Spring 2017

Workshops for UNM Students Only

No Charge! Sign-Up Online: shac.unm.edu

For Info, E-Mail SHAC Counseling Services: studentcounseling@unm.edu

WORKSHOP	DATE/TIME/LOCATION
Anger Management – Understand and manage anger better. Learn coping techniques by developing improved problem solving strategies.	Wed., Apr. 26, 3:00-5:00PM Mesa Vista Hall 3056
Coping With Anxiety & Depression – Learn how to identify situations that stress you out, and how to keep that stress from making you feel anxious and depressed.	Tue., Mar. 21, 3:30-5:00PM Mesa Vista Hall 3056
Coping With Endings (One Session) – Dealing well with endings is one of the most difficult things we human do. Learn how to cope better with endings.	Wed., Apr. 12, 12:00-1:00PM African American Student Services Thu., Apr. 27, 3:30-5:00PM Mesa Vista Hall 3056
Coping With the New Political Environment – If you feel anxious about the current political environment in the U.S., learn ways to manage your stress and engage in positive, healthy activities.	Wed., Feb. 8, 12:00-1:00PM African American Student Services
Focus & Relaxation: Using Essential Oils – Learn about the different kinds of essential oils that can help with relaxation and focus.	Wed., Mar. 29, 12:00-1:00 PM Women’s Resource Center
Healthy Relationships – Learn about the healthy components to happy, long-term relationships.	Wed., Feb. 22, 12:00-1:00PM Women’s Resource Center
Healthy Sleep Tips – Learn about the practices, habits, and environmental factors that are important to getting sound sleep.	Tue., Mar. 7, 3:00-5:00PM Mesa Vista Hall 3056
Laughter Yoga – Participants simulate laughter as a form of physical exercise via stretching, breathing, clapping, and chanting. Wear comfortable clothing.	Tue., Mar. 28, 4:00-5:00 PM Women’s Resource Center
Rewiring Your Brain for Positivity – Changing habits is a bit easier if you understand how the brain wires for habits, and a few principles of rewiring.	Tue., Feb. 7, 3:30-5:00PM Mesa Vista Hall 3056
Stress Management (One Session) - Learn how to keep stress from making you feel anxious and depressed.	Wed., Mar. 8, 12:00-1:00PM African American Student Serv. Fri., Apr. 7, 3:00-4:30PM Mesa Vista Hall 3056

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SCHEDULE IS SUBJECT TO CHANGE. CHECK WEBSITE FOR UPDATES.