## Workshops for UNM Students Only

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

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

<table>
<thead>
<tr>
<th>WORKSHOP</th>
<th>DATE/ TIME/ LOCATION</th>
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| **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  
Thu., Apr. 27, 3:30-5:00PM     
Mesa Vista Hall 3056 |
| **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.**