



Anger Management

Fall 2022 Workshop for Students

We all get angry sometimes, whether it's over something trivial or something important. But if you find yourself losing your temper often, you may need to take steps to control your anger. Learn how to recognize your triggers, detach yourself from your anger, and practice being patient. Each student receives a certificate of attendance at the end of the workshop.

When & Where

One-Session Workshop

offered on the following dates:

Tue., Sep. 13, 3:00-4:30 PM

Wed., Oct. 19, 1:30-2:30 PM

Via Zoom

What You'll Learn:

- Connect with your emotions to understand your anger
- Identify situations that trigger an angry response
- Analyze a situation so you know when to let it go
- Coping techniques and problem-solving strategies

NO CHARGE!

RSVP: studentcounseling@unm.edu

Deadline to Register: 1 Business Day Before Workshop