Emotional Wellness for the Graduate Student

Spring 2020 Workshop for Students

Graduate school can be challenging. Your emotional wellness includes self-care, relaxation, stress reduction and development of inner strength. It’s important to be attentive to positive and negative feelings and be able to understand how to handle your emotions. Learn how to manage your feelings and related behaviors, cope effectively with stress, and adapt to change.

**When & Where**
Wednesday, April 22
12:30-1:30 PM
CTLB, Room 110
Center for Teaching & Learning

**What You’ll Learn:**
- Remind yourself to stay positive
- Accept mistakes and learn from them for next time
- Make your “self” a priority
- Be smart about managing time

**NO CHARGE!**
For More Info, E-Mail: studentcounseling@unm.edu

**Workshop Co-Sponsors:**
Student Health & Counseling (SHAC)
Graduate Resource Center