Emotional Wellness for the Graduate Student
Fall 2019 Workshop for Students

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

When & Where
Friday, September 20
3:30-5:00 PM
SHAC, Room 234

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

shac.unm.edu