



Emotional Wellness for the Graduate Student

Fall 2022 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, November 2
2:00-3:00 PM
Via Zoom

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!

RSVP: studentcounseling@unm.edu

Deadline to Register: 1 Business Day Before Workshop

Workshop Co-Sponsors:

Student Health & Counseling (SHAC)

Graduate Resource Center