



Emotional Wellness for the Graduate Student

Spring 2021 Zoom Workshop

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 28

12:00-1:00 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

Workshop Co-Sponsors:

Student Health & Counseling
Graduate Resource Center