Emotional Wellness for UNM Law School Student

Summer 2020 Zoom Workshop

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
Friday, June 12
1:30-3:00 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!

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