

Managing Money Stress & Mental Wellness

Fall 2022 Workshop for Students

Finances can be a comfort or a stressor depending on circumstances. When there is enough money, life can be just fine; when there isn't enough money, stress can result and affect thinking and function by consuming our thoughts and creating ongoing worry. Tight student budgets can sometimes make this financial cognitive overload a sizable problem. Mental strategies and practical action plans to avoid that money-worry spiral are important to limit anxiety and free up mental space for study.

When & Where

Wednesday, October 26
1:30-2:30 PM
Via Zoom

What You'll Learn:

- Mental strategies and practical action plans
- How to manage anxiety about finances
- Look after your well-being

NO CHARGE!

RSVP: studentcounseling@unm.edu

Deadline to Register: 1 Business Day Before Workshop