

# Stress & Anxiety Toolbox Workshop

*Strategies for End-of-Year Issues*

End-of-year issues, such as finals and graduation, cause more stress and anxiety physically, mentally, and socially. This interactive workshop will provide tools for reducing stress and anxiety, especially during challenging times.

## When & Where

Friday, April 30, 2021

9:00-10:30 AM

Via Zoom

## What You'll Learn:

- Identify stress, anxiety and depression
- Tips and tricks on how to manage anxiety
- Retrain your brain for positivity

**NO CHARGE!**

**RSVP: [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)**

*24 hours before workshop date*

**For info about SHAC Services for Students:**

**[shac.unm.edu](http://shac.unm.edu)**

