

# Stress & Anxiety Toolbox

*Fall 2022 Workshop for Students*

There are many causes for stress and anxiety while attending college. Academic stress, social stress, and physical stress all affect mental health. **This interactive workshop will provide tools for reducing stress and anxiety, especially during challenging times.**

## **When & Where**

**One-Session Workshop  
offered on the following dates:**

- Thu., Sep. 8, 11:00 AM-12:00 PM
- Thu., Sep. 29, 9:00 AM-10:00 AM
- Thu., Oct. 13, 3:00-4:00 PM
- Thu., Oct. 27, 3:00-4:00 PM
- Thu., Nov. 10, 11:00 AM-12:00 PM
- Wed., Nov. 30, 1:30-2:30 PM
- Thu., Dec. 8, 3:00-4:00 PM
- Fri., Dec. 16, 9:00-10:00 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)**

**Deadline to Register: 1 Business Day Before Workshop**