

Stress & Anxiety Toolbox

Spring 2021 Zoom 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:

Fri., Mar. 12, 11:00 AM-12:30 PM
Fri., Apr. 9, 11:00 AM-12:30 PM
Fri., Apr. 30, 9:00 AM-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