Stress & Anxiety Toolbox
Spring 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:
- Fri., Feb. 25, 10:00-11:00 AM
- Tue., Mar. 1, 1:00-2:00 PM
- Fri., Mar. 11, 3:00-4:00 PM
- Tue., Apr. 5, 1:00-2:00 PM
- Wed., Apr. 20, 12:00-1:00 PM
- Tue., May 3, 3:00-4:00 PM
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
Deadline to Register: 1 Business Day Before Workshop