Emotional Wellness: Stress & Time Management

Fall 2019 Workshop for Students

Learn how to plan and exercise control over the amount of time you spend on specific activities, especially to increase your effectiveness, efficiency, and overall productivity. Be sure to schedule time to take care of yourself and reduce stress!

What You’ll Learn:
• Use a calendar, and know your deadlines
• Set time limits
• Prioritize
• Learn how to say no

When & Where
Tuesday, August 27
1:30-3:00 PM
SHAC, Room 234

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu