

Stress & Anxiety Toolbox

Fall 2021 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. 9, 3:00-4:30 PM
- Wed., Oct. 6, 9:00-10:30 AM
- Wed., Nov. 17, 3:00-4:30 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