

# 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

Fri., Mar. 11, 3:00-4:00 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](mailto:studentcounseling@unm.edu)**

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