

Anger Management

Spring 2023 Workshop for Students

We all get angry sometimes, whether it's over something trivial or something important. But if you find yourself losing your temper often, you may need to take steps to control your anger. Learn how to recognize your triggers, detach yourself from your anger, and practice being patient. Each student receives a certificate of attendance at the end of the workshop.

Date & Time

Tuesday, April 25
3:30-5:00 PM

What You'll Learn:

- Connect with your emotions to understand your anger
- Identify situations that trigger an angry response
- Analyze a situation so you know when to let it go
- Coping techniques and problem-solving strategies

NO CHARGE!

**Register using your UNM Email to:
studentcounseling@unm.edu**

Deadline: 1 Business Day Before Workshop