



## **Managing Money Stress & Mental Wellness**

*Spring 2023 Workshop for Students*

Finances can be a comfort or a stressor depending on circumstances. When there is enough money, life can be just fine; when there isn't enough money, stress can result and affect thinking and function by consuming our thoughts and creating ongoing worry. Tight student budgets can sometimes make this financial cognitive overload a sizable problem. Mental strategies and practical action plans to avoid that money-worry spiral are important to limit anxiety and free up mental space for study.

### **Date & Time**

Thursday, April 20  
2:00-3:00 PM

### **What You'll Learn:**

- Mental strategies and practical action plans
- How to manage anxiety about finances
- Look after your well-being

### **NO CHARGE!**

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

**Deadline: 1 Business Day Before Workshop**