Stress & Anxiety Toolbox

Spring 2023 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.

Dates & Times
One-Session Workshop offered on:
Dates TBA

What You’ll Learn:
• Identify stress, anxiety and depression
• Tips and tricks on how to manage anxiety
• Retrain your brain for positivity

NO CHARGE!

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

Deadline: 1 Business Day Before Workshop

shac.unm.edu