

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