Stress & Anxiety Toolbox
Spring 2021 Zoom 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. 12, 11:00 AM-12:30 PM
Fri., Mar. 12, 11:00 AM-12:30 PM
Fri., Apr. 9, 11:00 AM-12:30 PM
Fri., Apr. 30, 9:00 AM-10:30 AM
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! Space is limited to 15 students.

**RSVP:** studentcounseling@unm.edu

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