



# Managing STRESS & ANXIETY WORKSHOP

As a student researcher, managing coursework, exams, research projects, graduate school applications, employment and other external demands and challenges that are part of life, can become overwhelming for anyone! Join us to discover healthy ways to deal with stress and anxiety successfully.

All students are welcome!

Facilitated by Dr. Sergio Mancilla, Student Psychological Services

**THURS | SEPT 22 | 2:30 PM | LSU 320**