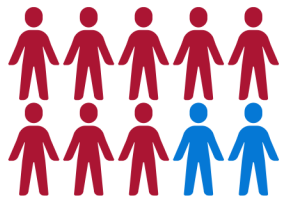


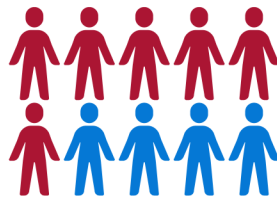


Stress acts as an accelerator: it will push you either forward or backward, but you choose which direction.

- Chelsea Eriean



8 in 10 college students say they experience frequent stress.



6 in 10 college students say they stress has interfered with their ability to complete school work.

WHAT CAUSES STRESS?

It is our body's response to pressure, also known as the "fight or flight" response. This can happen when one is going through emotional problems, a traumatic event, or simply taking too much on.

WHAT ARE THE 5 EMOTIONAL SIGNS OF STRESS?

1. Anger, irritability, or restlessness.
2. Feeling overwhelmed, unmotivated, or unfocused.
3. Troup sleeping or sleeping too much.
4. Problems with your memory or concentration.
5. Making bad decisions.

HOW CAN YOU MANAGE STRESS?









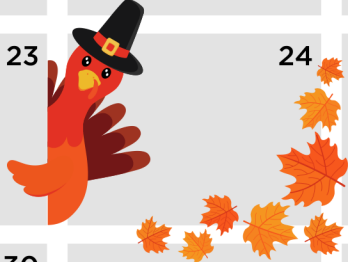


The most effective way to manage stress is through regular exercise and laughing.

5 FACTS ABOUT STRESS

1. Scientists refer to "good stress" as eustress.
2. It affects everyone differently.
3. It's the silent killer.
4. It causes hair loss.
5. Laughing is the remedy.

MONTHLY MENTAL HEALTH GOAL: _____

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 International Stress Awareness Day	2 National Deviled Egg Day 	3 	4
INTERNATIONAL STRESS AWARENESS WEEK						
5	6 	7 Read a book for 30 minutes.	8 National Cappuccino Day 	9 	10 How long? https://www.talkspace.com/blog/how-long-does-therapy-take-science/	11
12	13 World Kindness Day	14 	15 	16 Social Anxiety Test https://www.talkspace.com/assessments/social-anxiety-test	17 Go on a walk for 30 minutes.	18
19	20 Stretch for 30 minutes.	21 Worry vs. Anxiety https://www.talkspace.com/blog/worry-vs-anxiety/	22 	23 Happy Thanksgiving 	24	25
26	27 Feeling Lonely? https://www.talkspace.com/blog/loneliness-in-college/	28 	29 Take a 30 minute nap.	30 		

TO-DO LIST

