Manage Your Stress

Where can I get help if I’m feeling overwhelmed?

Scene 1
Mental or emotional strain can stop you from putting your best foot forward.
[Brain appears and is being struck by tiny lightning bolts]

Scene 2
That’s why we want to see you stress less by helping you cope with these feelings before they get out of control.
[Girl attempted to push brain out of the screen and replaces it with a heart, appearing much happier.]

Scene 3
By using the information found in the Stress Management modules,
[Stress Management icon appears (person meditating)]

Scene 4
you can learn how to cope, solve your problems, and alter your perception of stress.
[Stress Management icon appears (person meditating)]

Scene 5
So, don’t sink under the pressure, reach out and explore the college services available to you!
[Man sinks underwater on a boat, then resurfaces reaching for a lifebuoy that has the stress management icon in the middle]

Scene 6
Thanks for Watching
[Man sails buy safely on his boat]