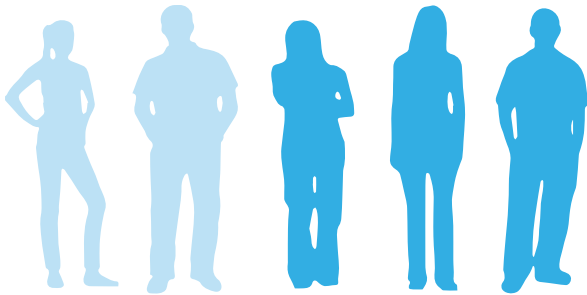


ARE YOU STRESSED?



YOU ARE NOT ALONE



3 out of 5 college students confessed that they have felt “overwhelming anxiety” in the prior year

TAKING ACTION



Talk to someone about how you feel



Keep track of your mood



Seek help from a health professional



Ask a specialist any questions you may have!

RESOURCES

University Counseling Center
541-346-3227
1590 E 13th Ave

DuckNest Wellness Center
541-346-0570
Erb Memorial Union, Room 041

CAUSES OF STRESS



77% of students stress over academic concerns



67% of students stress over financial issues



54% of students stress over family issues



53% of students stress over their relationships



47% of students stress over finding a job after college



35% of students stress over health problems

WHO TO TALK TO

84% of students reach out to their friends

21% of students reach out to a therapist or counselor

67% of students reach out to their parents



MANAGING STRESS



Find a good work/life balance



Reach out to others



Live well and be healthy



Develop a positive mindset

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health.uoregon.edu/ducknest

Sources

