

You are not alone

66%

**OF COLLEGE STUDENTS REPORTED
"OVERWHELMING ANXIETY"**

According to the American College Health Association

Where you can get help:

-NDSU COUNSELING CENTER (701) 231-9750

-STUDENT HEALTH SERVICE (701) 231-7331

Ways you can cope:

TALK TO SOMEONE

GET INVOLVED

GET ENOUGH SLEEP

DAILY MOVEMENT

**INCORPORATE A
GOOD NUTRITIONAL DIET**

JOURNAL

LISTEN TO MUSIC

PRACTICE YOGA

BREATHING EXERCISES

Think...

promoting well-being
at NDSU

NDSU PRESIDENT'S COUNCIL
FOR CAMPUS WELL-BEING