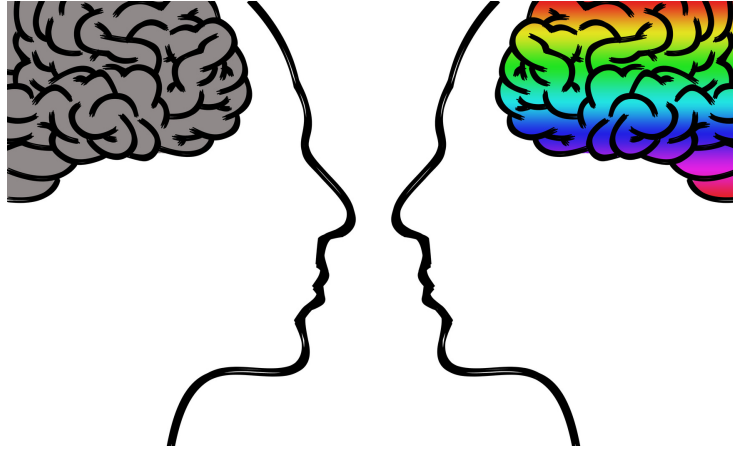


# Need to Chill?

## Learn How to Beat Anxiety



Presented by Student Health Services

Do you frequently experience feelings of anxiety, fear, and stress?

**Many college students do.**

Anxiety can get in the way of good academic performance, a pleasant social life and strong mental and physical health.

- 41% of college students stated anxiety as their top concern.
- 30% of college students reported that stress has negatively impacted their academic performance.

<https://adaa.org/finding-help/helping-others/college-students/facts>

### During this workshop:

- Learn and practice effective coping strategies you can use any time and anywhere!
- **Improve your grades AND your overall well-being!**

**Tuesday,  
September 10  
@ 2 p.m.  
Stadium Room**