

STRESS: learn to be resilient

With busy class schedules, research papers, and studying for exams, being a student can be stressful. Younger students may be learning to live on their own and manage finances for the first time. Returning students may be struggling to manage both a home and an academic life. Resilience describes the process of coping with stressful situations like these and then moving on from them. Strong relationships, good communication and problem solving skills, the ability to make plans, and a positive outlook are all traits of resilient people.

Your Student Assistance Program can help with:

- Free confidential counseling services available in person or over the telephone
- Financial consultations with trained specialists
- Online library of supportive articles and tip sheets
- Web based assessments and stress management training
- Work-life consultations

Your Student Assistance Program provides students free, confidential access to a professional counselor anytime, any day, anywhere via phone or Internet.



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