

STRESS MANAGEMENT DAY

Thursday, September 21, 2017

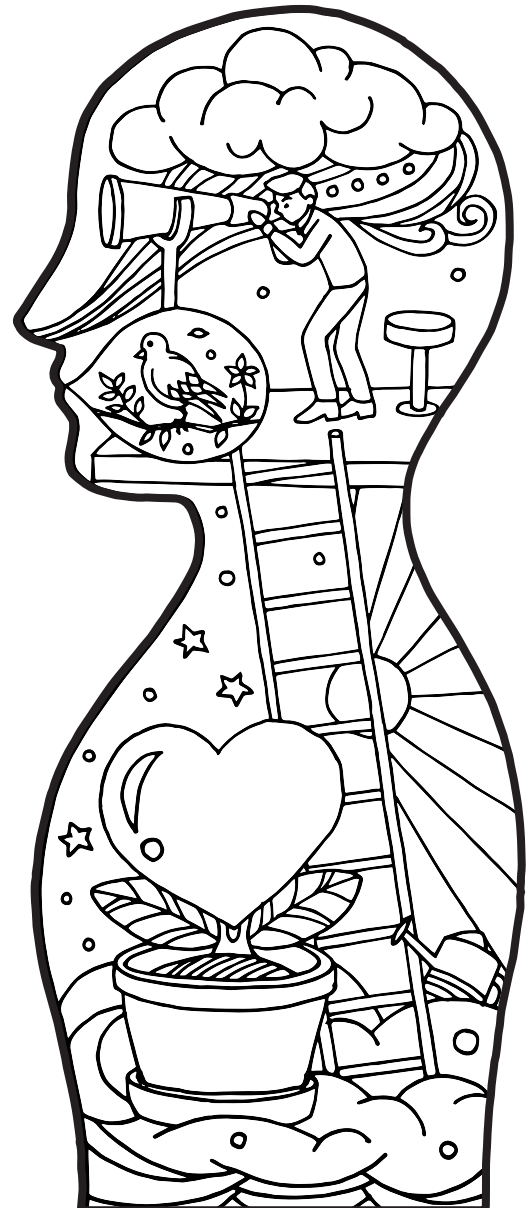
11 a.m.–1 p.m.

Santa Maria Student Center

**Feeling stressed, anxious, or unfocused?
Worrying about grades?**

Attend our ***Stress Management Day*** and find out how to identify warning signs of stress; practice techniques to reduce your stress and anxiety; and live a more productive, happy, and healthy life.

- Learn about guided relaxation and meditation
- Take a stress quiz and learn about healthy ways to cope with stress
- Visit displays on sleep, depression, and other mental health topics
- Receive a **free** stress kit for participating in our event
- Recieve a **free** acupuncture treatment
- Play with therapy dogs



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Student Health Services

Santa Maria campus

Located in Bldg. W-12

Call: 922-6966 ext. 3212



Start here. Go anywhere.