## WHAT CAUSES STRESS?

Attitudes: Negative, critical, or ful attitudes about yourself or ers

Change: Both good and bad change can cause stress. Going from regular classes to exam week can be a big and stressful change

Exercise: Being unfit decreases blood flow and lung capacity causing tension and shortness of breath

Nutrition: Poor diet leads to a distressed body and mind

Self-worth: Accept imperfection, failures, and mistakes in yourself

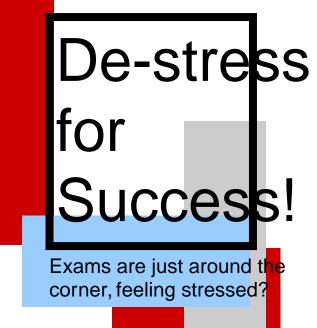
and others. Our selfworth should not be dependent upon suc-



cess, achievements, or the opinions of others.

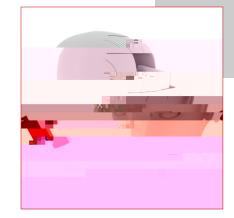
## SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference



CAREER AND COUNSELING

SERVICES





## CAREER AND COUNSELING SERVICES

Lower level of the Donnelly Center

Phone: 616-632-2905

http://www.aquinas.edu/ccs/counseling/

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