

WHAT CAUSES STRESS?

Attitudes: Negative, critical, or fearful attitudes about yourself or others

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 self-worth should not be dependent upon success, 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

Lower level of the Donnelly Center
Phone: 616-632-2905
<http://www.aquinas.edu/ccs/counseling/>

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De-stress for Success!

Exams are just around the corner, feeling stressed?



Tel: 616-632-2905

