



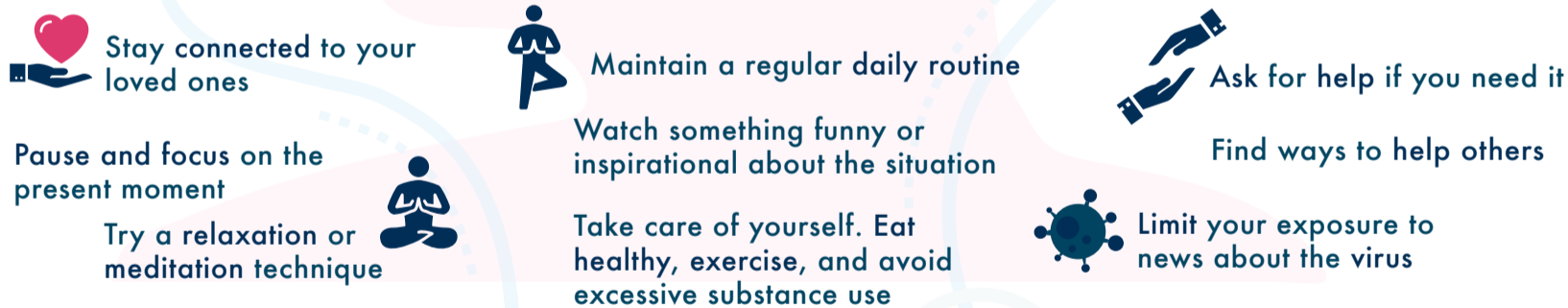
## TAKING CHARGE OF STRESS AND ANXIETY

The coronavirus outbreak and the escalating measures taken to manage the pandemic may cause high levels of stress for us all. Fear and anxiety about illness, as well as the uncertainty and changes that affect our work, can be overwhelming. However, there is always something you can do to address these feelings.

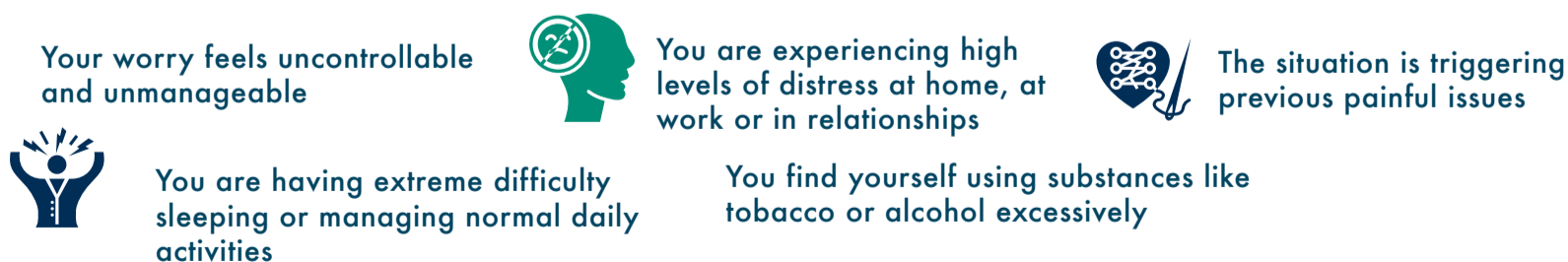
### CHANGE YOUR THINKING



### CHANGE YOUR BEHAVIOR



### SEEK PROFESSIONAL HELP IF:



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