

# WELL NOW

A Student Health Center Newsletter

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WINTER TERM 1986

## Surviving **STRESS**

Academic demands like research papers and getting ready for finals are beginning to pile up. Part-time jobs and work study are also taking their toll on your time and what about that great movie or cross-country ski trip you'd love to go on? It may seem that you just have too much to do and not enough time to do it all. What this could all add up to is that old demon, STRESS.

In this issue of the Well Now are a lot of methods to help you cope with and survive stress through nutrition, exercise and a wide range of other health habits.

So, if stress could be your middle name, this Well Now is for you!