

ticum work at the center.

One way to relieve stress is through relaxation techniques, Knapp says.

"Take time out to have fun, to be yourself. It's really important to have a release," he says.

Many college students turn to alcohol or drugs on the weekends to

relieve stress, Knapp says. "That's not helpful at all. Students need a daily release, not a weekly one. It's not good to let stress build up," he says.

Knapp suggests students relieve stress through exercise, meditation, breathing and relaxation techniques, or

even soaking in a hot tub or jacuzzi.

Darrell Faini, a sophomore at the University, recently talked to Knapp to receive help for problems concerning stress.

"I felt like I didn't have enough time in a day, and like I was trying to do

everything, and do it well. This led to a lot of stress in my life," Faini says.

Time management, advance planning and meditation are a few techniques which Faini now uses to combat stress, he says. "Overall, I don't feel so inclined to stress out," Faini says.

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