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## Stress

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about it."

One of the methods the health center uses to help students who are bombarded by anxiety is to educate them about the effects of stress and how to cope with it in a healthy and positive way.

Anne Mattson, the University Health Center's director of nursing, said while some may deal with increased stress positively and productively, others may let their emotions take a physiological toll.

"In times of prolonged stress, it's important to make choices that keep you resilient, functional and healthy," said Mattson. "Stress depletes the immune system, and can leave us open to viral infections."

Stress can manifest physically in the form of ulcers, muscle tension and abdominal pain. A good night's sleep is one of the best ways people can heal their bodies from the physical effects of stress, Mattson said.

The first step to take when experiencing anxiety is to pause and reflect for a moment on what is causing the symptoms. An anxious response is often situational and will not surface as a reoccurring problem, especially if the person deals with the stress in a positive way, Holmes said.

These positive ways of coping include exercising, talking with others or engaging in activities that have helped the person relieve stress in the past, such as listening to music, reading a book or getting a massage. Drugs and alcohol should be avoided because their effects can exaggerate the problem.

If these methods are not effective and if the problem is reoccurring, students can make an appointment with a psychologist or counselor, Holmes said. The Counseling and Testing Center offers sessions on a drop-in basis from 9 a.m. to 4 p.m. daily. They offer individual, group and couples counseling.

Contact the reporter at [lindsaysauve@dailyemerald.com](mailto:lindsaysauve@dailyemerald.com).

## Seat 7

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best of both of Schulthies' academic interests. She added she hopes the activities she gets involved with now will help her achieve her dream of working for ESPN.

Seat 7 also appeals to Schulthies because she wants to be able to serve students. She added that the ADFC's decisions affect more than athletes; the whole student population benefits from the work of student senators who negotiate to get them the best, cheapest tickets to sporting events.



Schulthies

"I want to be able to take students' ideas and suggestions and start working on them," she said.

Schulthies, who grew up in Beaverton, has set aside her dedication to dance since she came to the University because she has not found a good partner in Eugene yet.

Faust and Schulthies ran a close race in the primary election and were separated by only 25 votes, with Faust leading Schulthies 364-339. One of them will walk away from the general elections next week with the title of Student Senate Seat 7-elect.

Students have the power to decide which one it will be.

Contact the senior news reporter at [jenniferbear@dailyemerald.com](mailto:jenniferbear@dailyemerald.com).

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