## Healthy.

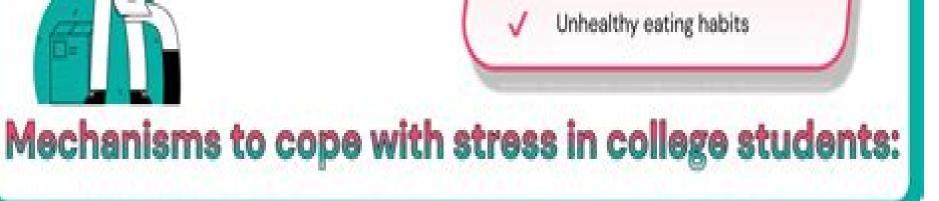
- Mindfulness and meditation
- Regular physical activity
- Effective time management
- Healthy social connections
- Creative expression





- Substance abuse
- Procrastination
- Isolation
- Excessive screen time





# **Coping With Stress In College**

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