

### *Healthy:*



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



### *Unhealthy:*



- ✓ Substance abuse
- ✓ Procrastination
- ✓ Isolation
- ✓ Excessive screen time
- ✓ Unhealthy eating habits



**Mechanisms to cope with stress in college students:**

# Coping With Stress In College

**LM Reder**



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