

Healthy:



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



Unhealthy:

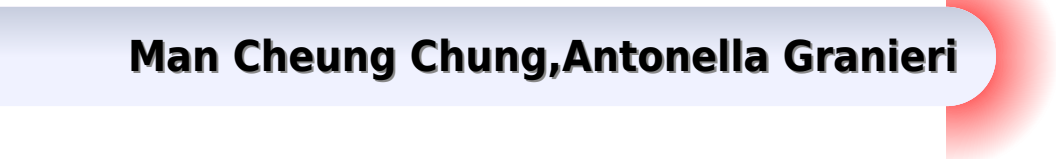
- ✓ Substance abuse
- ✓ Procrastination
- ✓ Isolation
- ✓ Excessive screen time
- ✓ Unhealthy eating habits



Mechanisms to cope with stress in college students:

Coping With Stress In College

Man Cheung Chung, Antonella Granieri



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