

Managing Anxiety/Stress for a Healthy Life



**Meets Friday September 17, 24,
October 1, and 8th from noon - 1pm**

Anxiety is the number one reason college students seek counseling. Because many students struggle with anxiety, we are offering a supportive group where you can learn and practice strategies to help you not only cope, but thrive! Four weekly meetings will be with your peer students who have the same challenges that you do.

We will:

- Identify anxiety symptoms
- Discuss useful strategies for managing anxiety
- Practice relaxation techniques
- Share successes

**Space is limited to 10 participants.
Sign up now to reserve your space.
<https://ysu.edu/student-counseling-services>**

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