

STRESS REDUCTION

Resources:

Counseling and Psychological Services

Manage the stressors you can - and seek help for those you cannot (ex. death in the family, economy, war). CAPS has licensed counselors available Monday through Friday 8:00 a.m. to 4:30 p.m. CAPS is located on the second floor of Student Health Services. Call 618/453-5371 to make an appointment.

Wellness and Health Promotion Services Dawg Lounge

- Dawg Lounge
<http://shc.siu.edu/wellness-center/stress-management/index.php>
- Healthy Salukis To-Go Presentation Request
<http://shc.siu.edu/wellness-center/workshop/request-form.php#stress>
- Relaxation Podcast composed by Dave Elam
<http://shc.siu.edu/downloads/audio/relaxation-cd.mp3>

Rule #1: Don't sweat the small stuff.

Rule #2: When managed well, it's all small stuff.