Exercise is the leading way UA students manage their stress.*

GOOD: TAKE THE STAIRS.  
BETTER: WALK AND/OR RIDE BIKE TO CLASS.  
BEST: CONNECT AT CAMPUS REC.

Looking for more ways to manage stress?

UA Counseling and Psych Services: 520.621.3334  
Friend 2 Friend: f2f.health.arizona.edu  
National Suicide Prevention Lifeline: 1.800.273.TALK (8255)  
Campus Recreation: rec.arizona.edu

This poster was developed, in part, under grant number IU79SM060532-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

*2013 online survey of UA students (n=269)