

stress less. stay active.



GOOD: TAKE THE STAIRS.



BETTER: WALK AND/OR RIDE BIKE TO CLASS.



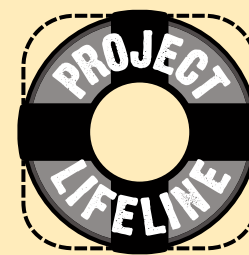
BEST: CONNECT AT CAMPUS REC.

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

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

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



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