In Just 10 Minutes a Day!

Get organized and feel instantly better. Stop by the counselor for study tips.

**Sleep away the stress**
8 hours of sleep melts the stress away

**Benefits Of Reducing Stress**
- Increased Heart Health
- Maintain a Healthy Weight
- Improved Health
- Improved Mood
- Less Stress

**Stress is the #1 Factor in Academic Disruption**
Eliminate stress so that you can dominate the books

**Take a 10 minute break for physical activity**

**BE CREATIVE**
Get your hands dirty and do something creative

**Listen to a quick meditation and refresh your mind so that you can study and improve your memory**

**Dance away your stress, improve your mood**

Reduce Your Stress In Just 10 Minutes

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