You are not alone

66% of college students reported "overwhelming anxiety"

According to the American College Health Association

Where you can get help:

- NDSU Counseling Center (701) 231-9750
- Student Health Service (701) 231-7331

Ways you can cope:

- Talk to Someone
- Get Involved
- Get Enough Sleep
- Daily Movement
- Incorporate a Good Nutritional Diet
- Journal
- Listen to Music
- Practice Yoga
- Breathing Exercises