

Feeling Overwhelmed?



Find healthy outlets to manage and treat anxiety

Tough classes. Relationship drama. Breakups. COVID and climate change concerns. And, oh yeah, college and career planning! Life has always been stressful for students. It's normal to worry, but worries can grow into anxiety and affect your mental, emotional, and physical wellbeing.

To find support and resources, visit

ceww.crediblemind.com

Here, you can find resources such as:

- **Supporting a loved one with anxiety**
- **Tips for coping with your anxiety symptoms**
- **Signs and Symptoms**
- **Guided activities**

♥ *Free, confidential, expert vetted health and wellbeing resources*

