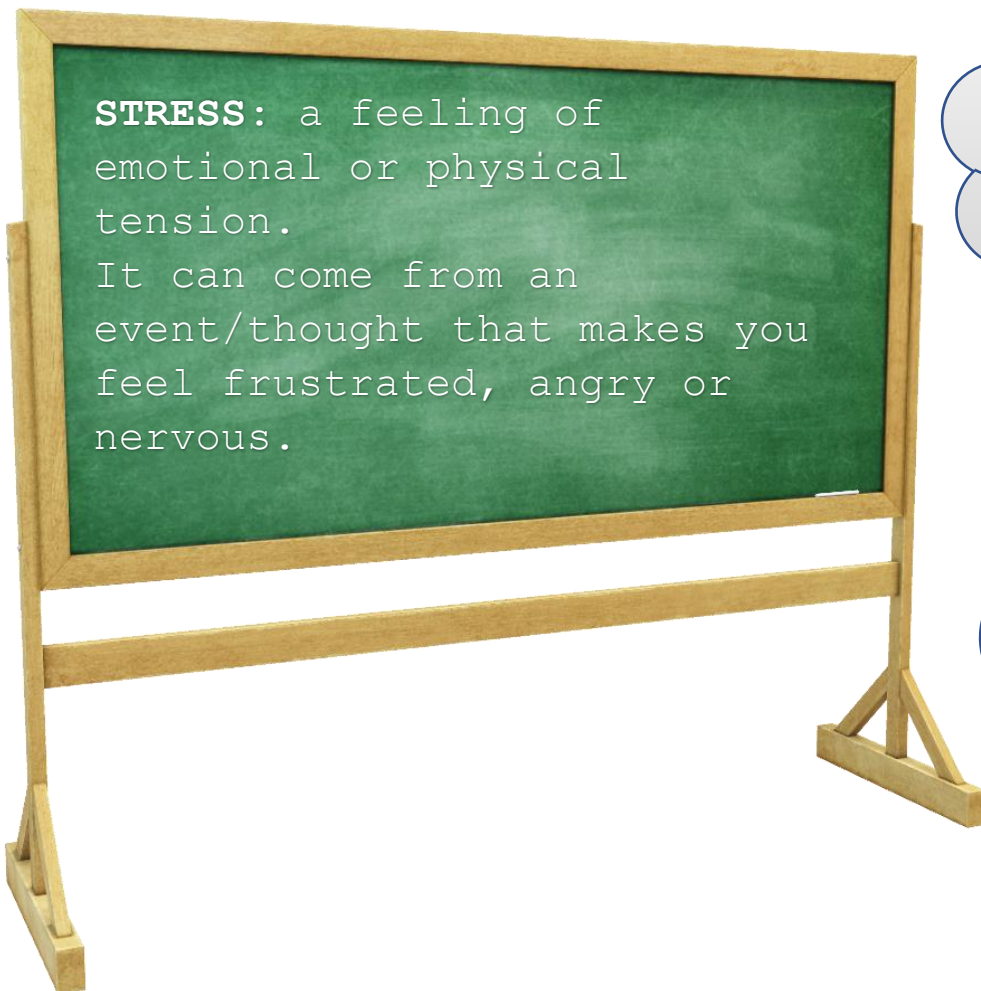




Feeling stressed about upcoming midterms?



STRESS: a feeling of emotional or physical tension.
It can come from an event/thought that makes you feel frustrated, angry or nervous.

You're not alone!
Stress is a **NORMAL** feeling!
Everyone feels stress from time to time.

Did you know:
Sometimes stress can be positive because it motivates people to study, meet deadlines, etc.