

It's Stress Awareness Month

According to The American Institute of Stress:

33% of people report feeling extreme stress

77% of people experience stress that affects their physical health

73% of people have stress that impacts their mental health

48% of people have trouble sleeping because of stress



April is Stress Awareness Month. Stress can be debilitating, and it can cause and/or aggravate health problems. Counseling and Psychological Services can help. Contact us at counseling@snc.edu or try our Therapy Assistance Online (TAO) online platform for a General Stress Course focusing on reducing tension and worry as well as developing resilience. Topics include changing unhelpful thinking, practicing mindfulness, and learning relaxing strategies. Access is available by QR code or through the TAO link on the CAPS website counseling@snc.edu