

WINTER BLUES?

87%

of MSU students reported feeling **overwhelmed** at least once in the past year.¹



1 out of 5

of MSU students reported being diagnosed with some form of depression.¹



Trying something new is a great way to reframe things. The Spartan Bucket List has activities that might get you out of a rut if you're feeling stuck.

Learn more:

Scan the QR code or visit the **Spartan Bucket List** for more tips to reduce stress.



Keep in mind:

Spending time with friends and family is a great way to unwind. Try these ideas to help manage your stress:

- Deep breathing and meditation
- Listening to music and making playlists
- Getting more sleep
- Taking a bath or a hot shower
- Movement/physical activity that you enjoy
- Keeping a journal



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1. 2022 National College Health Assessment (NCHA II) N=1,157



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