

# Stress Management Online Program

*Everyone experiences stress.  
There are ways to keep it from  
overtaking your life!*

*WE CAN HELP!*

## Counseling Services

Phone: 785-532-6927

Email: [counsel@k-state.edu](mailto:counsel@k-state.edu)

232 English Counseling Services  
Building



Counseling Services introduces a free 4-session stress management training program available for K-State students through K-State Online. This workshop will help you increase awareness of the nature and causes of stress in your life and expand your knowledge and effectiveness in using stress reduction strategies. Potential benefits include a reduction in anxiety, increased performance, better time management skills, and an increased knowledge of web based resources. The program is a self-directed online workshop featuring a discussion board to share concerns, get questions answered, and learn from other students.



You may register for this program at:  
<http://tinyurl.com/3b5xvyo>

You will receive an email verifying you can  
access the program via K-State Online.



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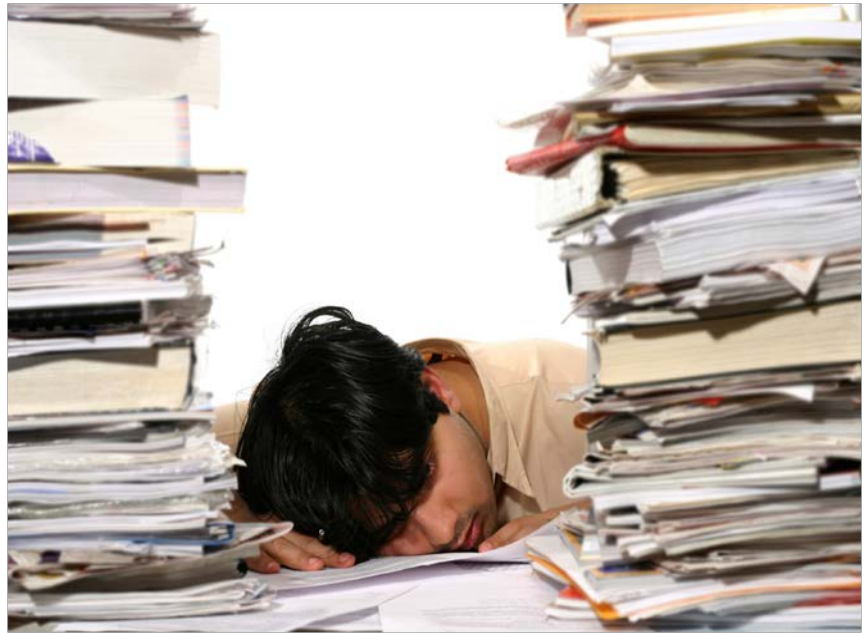
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