

# Coping with stress

**Stress is a normal and necessary part of life. However, too much stress can damage your physical and emotional health. Health Promotion and Wellness has resources to help students, faculty, and staff manage their stress in positive ways.**

**Massage:** Health Promotion and Wellness partners with Aches Away to provide massage on campus for students, faculty, and staff. The cost is \$15 for 15 minutes.

**PAWSitively Stress Free:** Take a study break and visit with certified therapy dogs at Milner Library. Health Promotion and Wellness and Milner Library partner throughout the semester and during finals week to bring therapy dogs and other stress-relieving activities to the library.

**Practice of Positive Living:** This eight-week series uses support, meditation, breathing practices, self-discussion, exercise and nutrition, and journaling to teach participants to be more present in their daily lives. Separate classes are available for students and faculty/staff.

**Talk to someone:** Whether it's a trusted friend or a trained professional, talk to someone when you feel overwhelmed. Students can access Student Counseling Services by calling (309) 438-3655. Employee support is available through the Employee Assistance Program by calling (866) 659-3848.



**HEALTH PROMOTION  
AND WELLNESS**  
*Illinois State University*

For dates, times, and registration for Health Promotion and Wellness events, visit

**[Wellness.IllinoisState.edu](http://Wellness.IllinoisState.edu)**