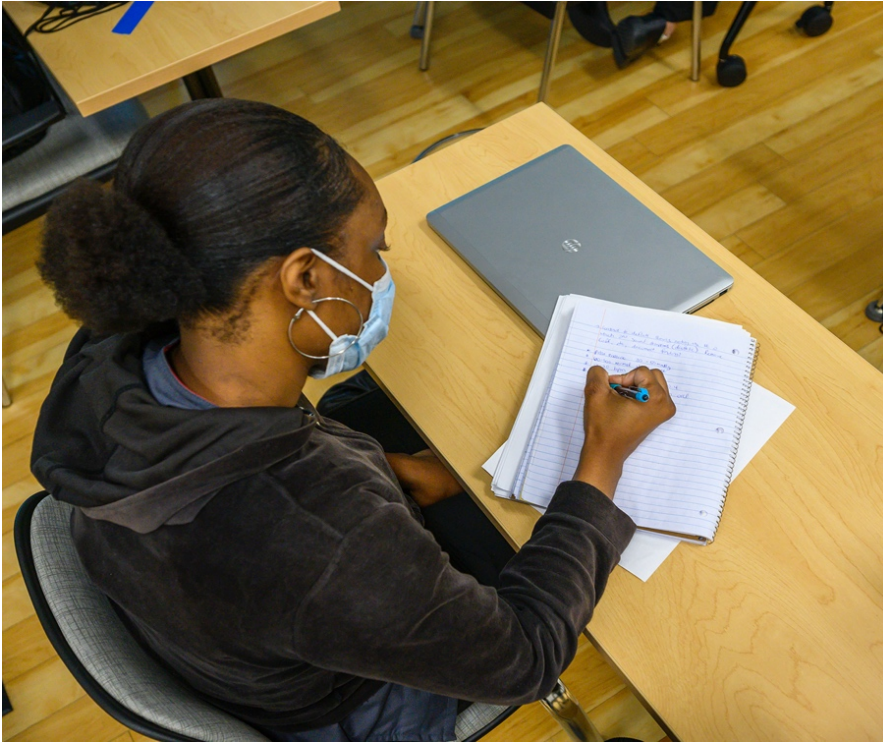


WAUBONSEE COMMUNITY COLLEGE

# Midterms and Mental Health



## 80% of Students are Impacted by Daily Stress

While everyone experiences stress differently, here are some common symptoms:

- Frequent Headaches
- Trouble Concentrating
- Constantly Feeling Irritated
- Muscle Pain or Tension
- Frequent Stomach Aches

Overcome this stress by connecting with one of our Waubonsee Counselors and developing strategies to handle stress in a productive manner.

Let's destigmatize seeking help! We all benefit from connecting with one another.

### COUNSELING AND STUDENT SUPPORT

Call (630) 466-2361

or Email:

CounselingSupport  
@waubonsee.edu

Waubonsee 24/7 Talk Line:  
(630) 264-0394



WAUBONSEE  
COMMUNITY COLLEGE

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