

DESTRESS FOR SUCCESS

By Syracuse University's Lerner Center for Public Health Promotion and Population Health



College is stressful—and students know it. Between new financial burdens, absence of parental oversight, thousands of new schoolmates, and a huge amount of life-altering knowledge, you've got yourself a serious recipe for stress.

That's why it's so important that students have a variety of resources to deal with pressure, anxiety, and stress.

The DeStress for Success program was created using materials from The Monday Campaigns' DeStress Monday concept at the Syracuse University Lerner Center for Public Health Promotion and Population Health as a response to the rising mental health concerns amongst college students.

DeStress for Success Email Series (8 weeks)

This automated email series was developed to incorporate the same themes, topics, and learning objectives as the DeStress for Success in-person program into an accessible digital format. By subscribing, students will receive resources directly to their inboxes every Monday morning for the duration of the program.

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