



ARE YOU STRESSED OR FEELING ANXIOUS?
FINDING YOURSELF OVERTHINKING OR WORRYING?

NO WORRIES, HELP IS HERE!

PARTICIPATE IN A MIND-BODY STUDY TO HELP INCREASE YOUR
WELL-BEING!

STUDY

Assessing A Mind-Body Strategy For The Development Of
Student Physical and Mental Well-Being

- Participate In Research Regarding Self-Esteem And Self-Regulation
- Opportunities to Engage in Activities Such As Meditation & Physical Exercise

COURSE OF STUDY

6 Weeks of Activity

PARTICIPANT COMPENSATION

\$20 and the chance to enter into a raffle for the opportunity to win a \$50 gift card.

INTERESTED IN PARTICIPATING?

Click [here](#) for more information.