



SEIZE

TODAY

FOR A

BETTER MIND

TOMORROW

| Check out these resources

Hilinski's Hope



The Hidden Opponent



*THE HIDDEN
OPPONENT*

3 in 5

College students are diagnosed with a mental health condition by a professional.



Anxiety increases the risk of a heart attack

9.5 times

Depression suppresses the body's T Cell responses making it much easier to get sick.

A compromised immune system can lead to depression symptoms worsening.



Wellness centers have become overwhelmed by the amount of students using them as a front line defense for their mental health problems.



Take charge of your mental health.

Myth: Exercise is just running or lifting weights

There are four main types of exercise: cardiovascular, strength training, balance, and flexibility.

Team sports have been found to be the most beneficial for mental health not only because of the competition/exercise aspect but it also engages the part of your brain that understands social relationships and routine.

Yoga has been proven to relax muscles and help with focused mental training.

