

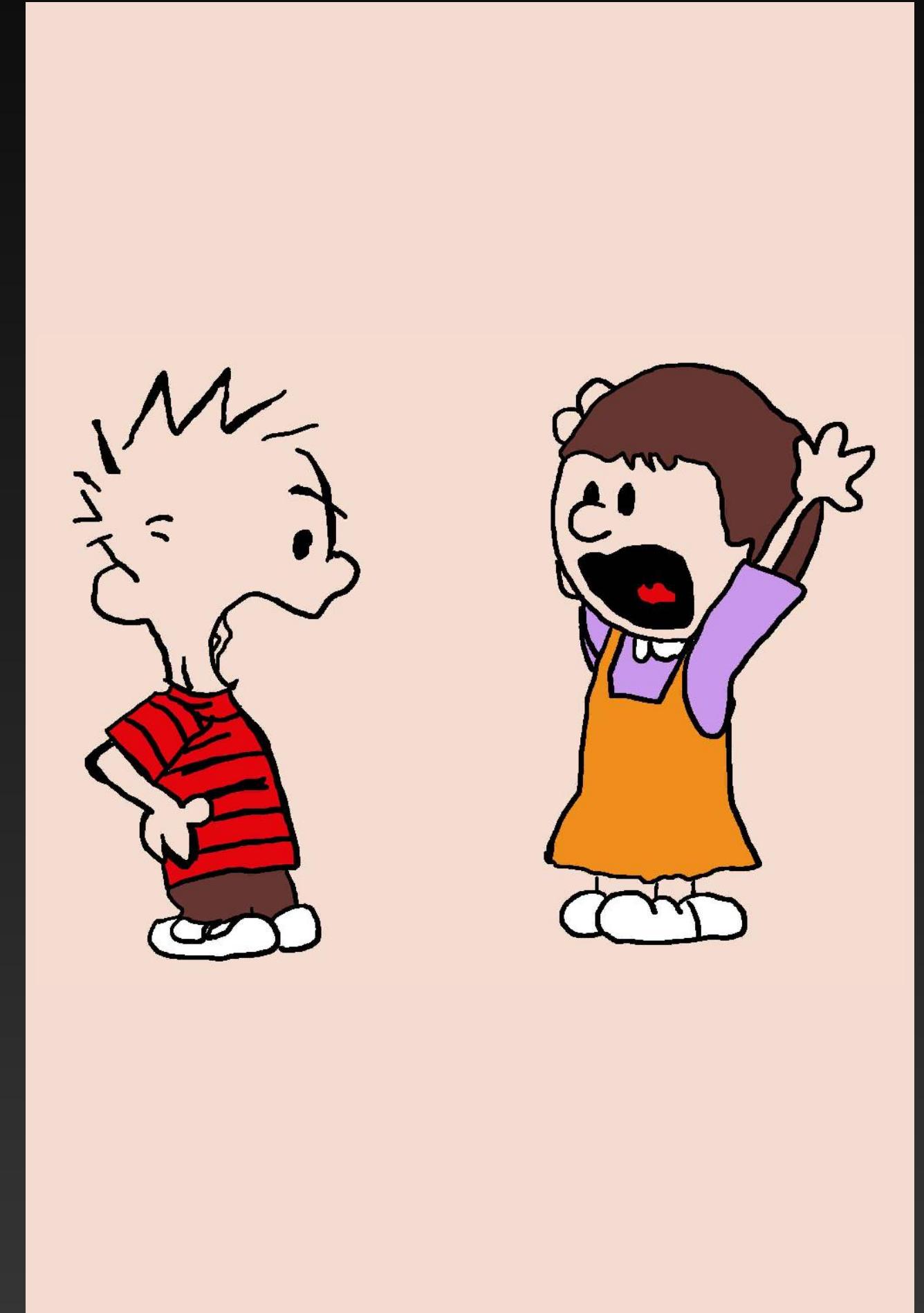
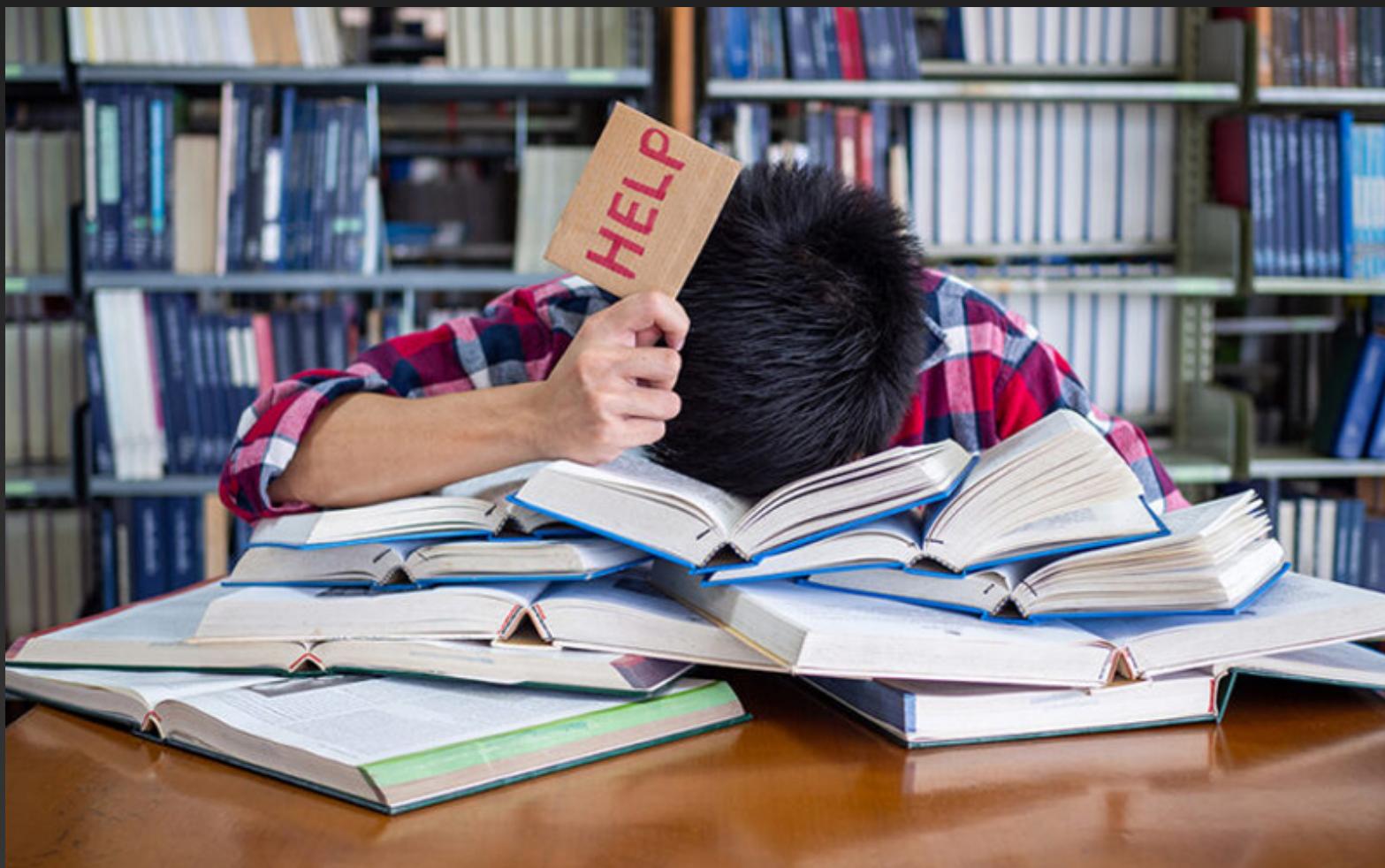
How can students reduce stress

Presentation

Steve Yan

Cause of Stress

- Finances
- Academic
- Interpersonal



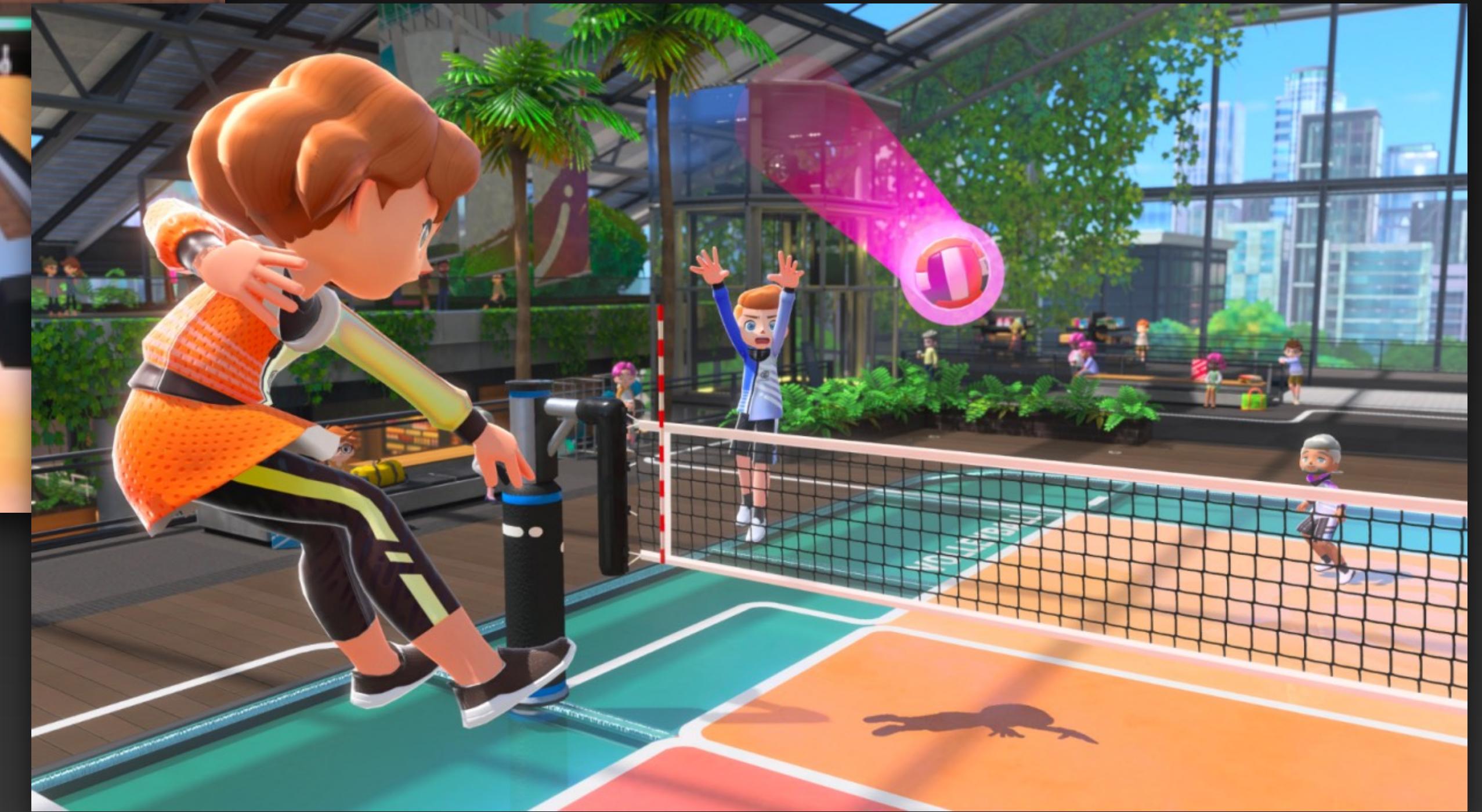
Help yourself

Sports! - Jogging



Help yourself

Sports! - Indoor Sports



Help yourself

Excursion! - City Exploration



Help yourself

Excursion! - Flight Simulator

Microsoft Flight Simulator



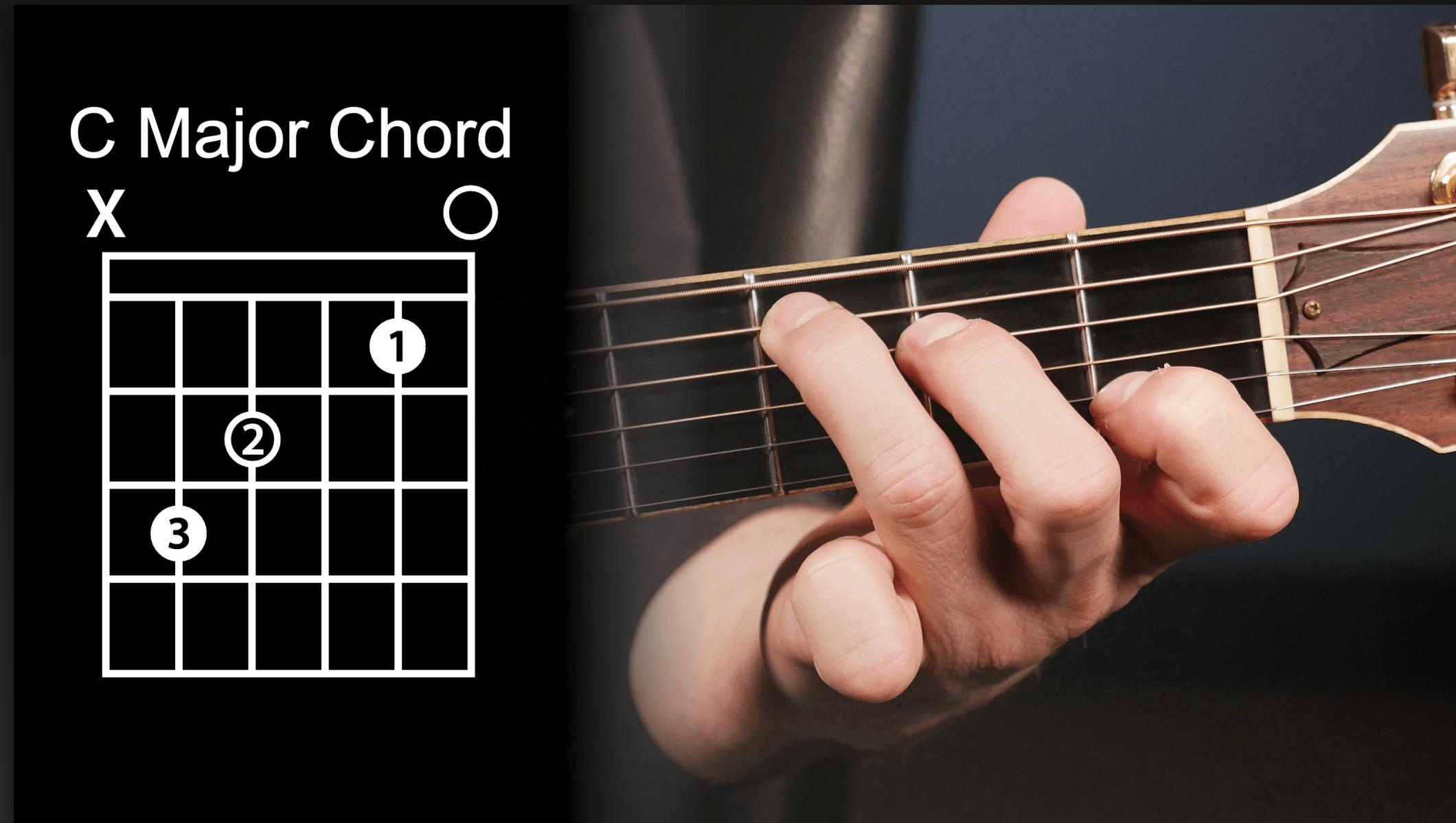
Help yourself Excursion! - Driving

Forza Horizon



Help yourself

Music! - Guitar



听阴天说什么

在昏暗中的我

想对着天讲 说无论如何

阴天快乐

叫阴天别闹了

想念你都那么久那么久了

我一抬头 就看见你

那个酒窝

Help yourself

Music! - Just Dance (Somatosensory game)



Obtains others' help

Stay with Family

- Video Call
- Express Feelings
- Receive Suggestions



**“You are very much on time, and in your
time zone Destiny set up for you.”**

You Are In Your Time Zone