

Outline: How can students reduce stress during the academic year?

Cause of Stress

- Finances
- Academic
- Interpersonal

Help Self

- Sports
 - Jogging
 - Nintendo Sports
- Excursion
 - Explore the city
 - Microsoft Flight Simulation
 - Forza Horizon 5
- Music
 - Guitar
 - Dancing: Just Dance

Obtain others' help

- Stay with Family
 - Video Call
 - Express feelings
 - Receive suggestions