

1

2

3

4

Your Support System

Account

Password

SKIP

GO

1

2

3

4

What makes you
feel stressful?

?

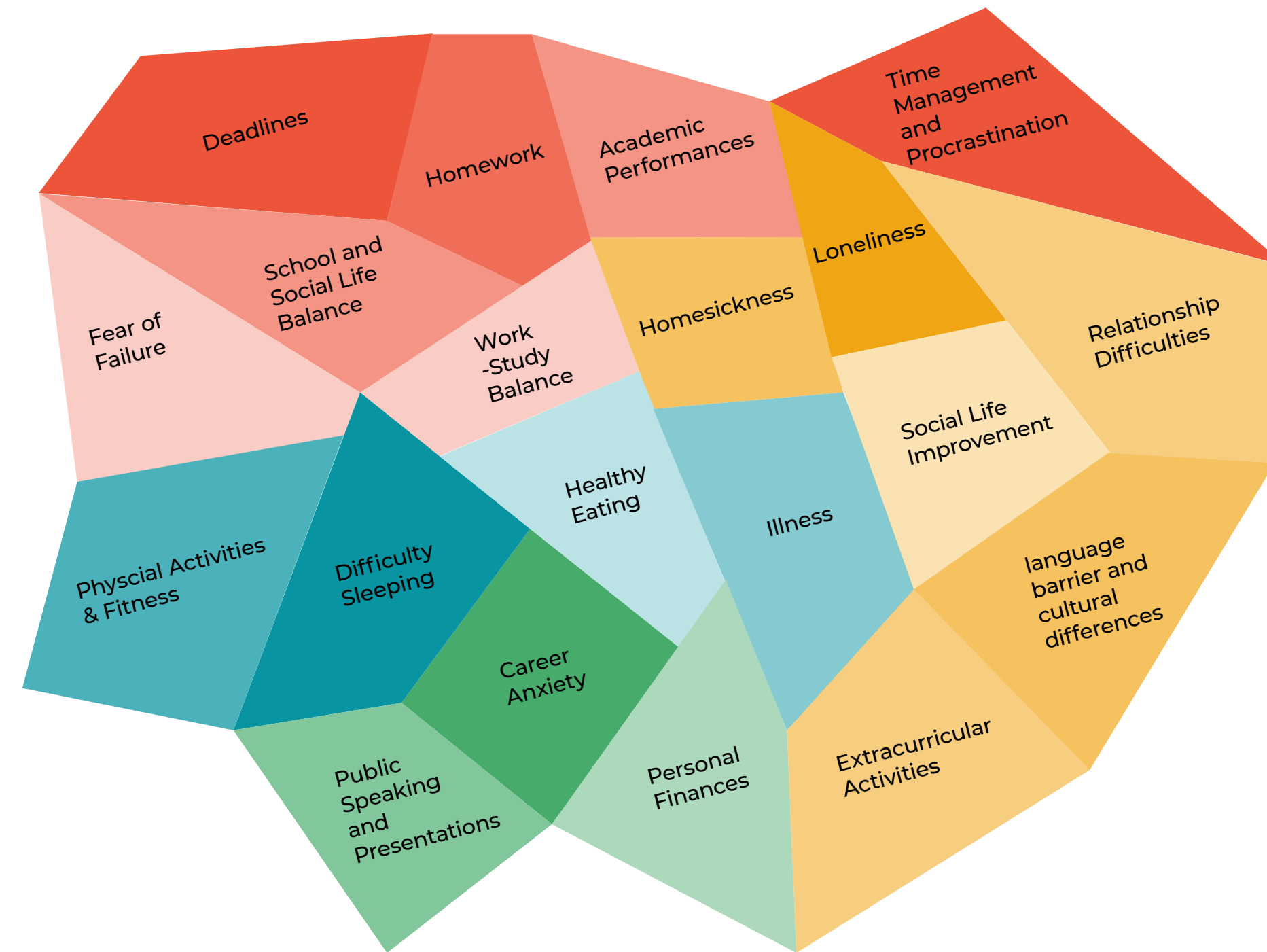
commitments

connection

care

career

[mouse hover msg]The 20 stress points are identified from 100 survey samples sent to undergraduate students of the Ohio State University. The sample includes students from different grade levels and different majors of study.



1

2

3

4

What makes you
feel stressful?

Your Stress Portrait &
self-empowerment
strategies

?

commitments

connection

care

career



Physical Activities
[direct applied strategies display
as 150% larger than the regular
ones. hover icons- shows
descriptions next to it. Lorem
ipsum dolor sit amet,
consectetuer adipiscing elit, sed



1

2

3

4

What makes you feel stressful?

Your stress portrait & self-empowerment strategies

Who will be there for you when you need them?



commitments



connection



care



career



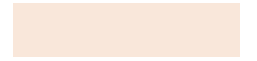
emotional support



Informational support



Instrumental support



Appraisal support

Name (friends, relatives, pets, etc.)

Max

Type of Support

☐ Emotional

☐ Instrumental

☐ Informational

☐ Appraisal

Areas of Support

☐ Category 1

☐ Category 2

☐ Category 3

☐ Category 3

DONE

NEXT

personal connections

Campus Service Centers

Dennis Learning Center
(614) 232-3452

Ohio Union
(614) 232-3452

Younkin Success Center
(614) 232-3452

1

What makes you
feel stressful?

2

Your stress portrait &
Self-empowerment
Strategies

3

Who will be there for
you when you need
them?

4

Your complete
support system

?



commitments



connection

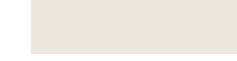


care

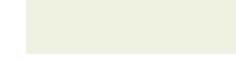


career

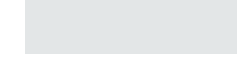
?



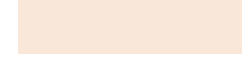
emotional
support



Informational
support



Instrumental
support



Appraisal
support



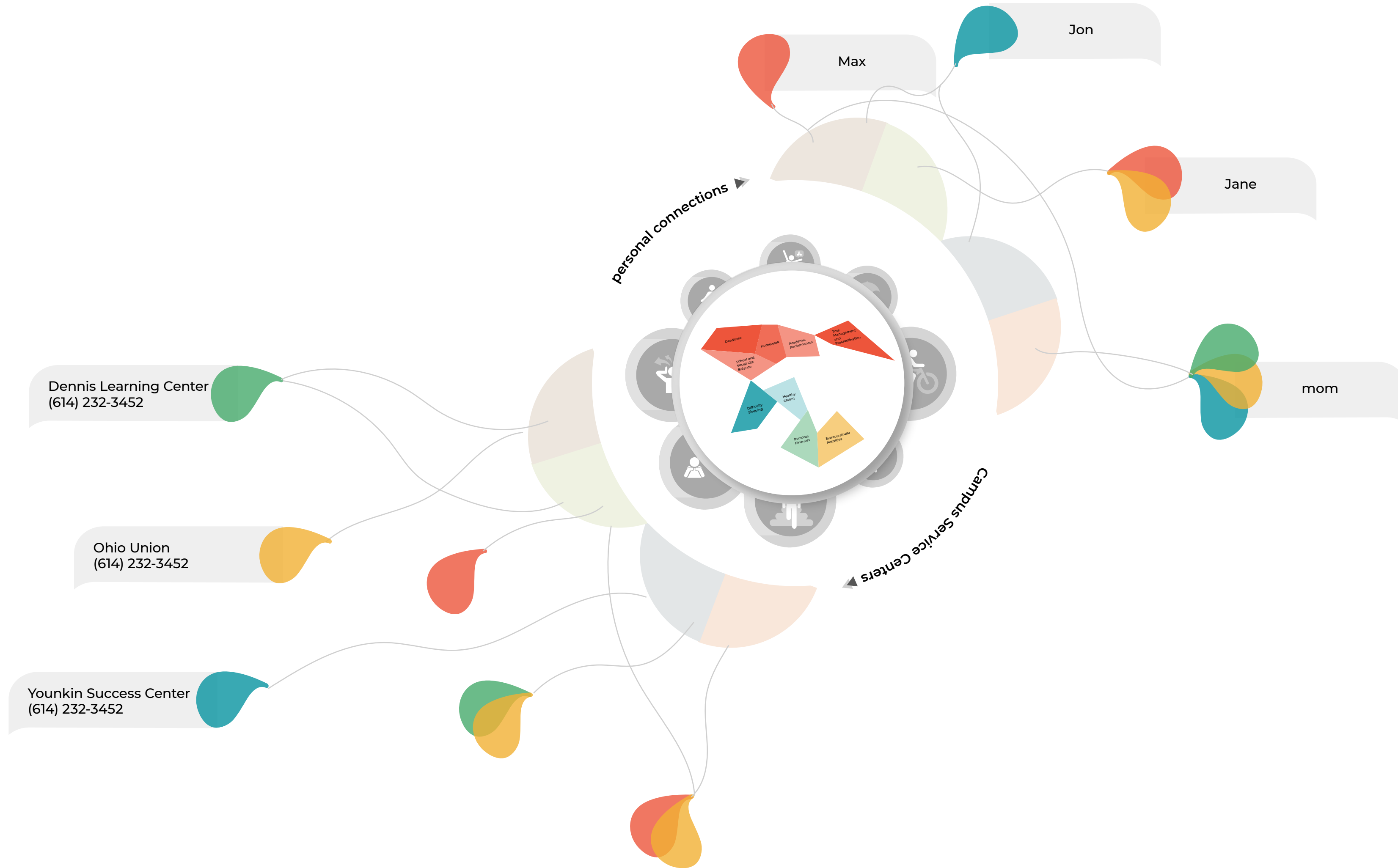
Dennis Learning Center
(614) 232-3452

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Younkin Success Center
(614) 232-3452

Campus Service Centers

personal connections



commitments



#ed553b #f06d57 #f49484 #f9ccc5

connection



#f0a515 #f6c25f #f7ce7f #fae2b3

care



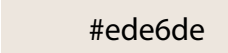
#0894a1 #4bb1ba #84cad0 #bbe2e5

career



#47ab6c #82c69b #acd9bc #cde8d6

emotional
support



#ede6de

Informational
support



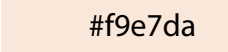
#eff2e2

Instrumental
support



#e3e6e7

Appraisal
support



#f9e7da



#47ab6c 80% opacity



#f0a515 80% opacity



#0894a1 80% opacity



#ed553b 80% opacity

default: Montserrat Regular 12pt
line spacing (leading): 16pt

Strategy Title: Montserrat bold 12pt

legend: Monsterrat light 12 pt

Monteserrat Medium
12 pt, line spacing 14pt

Prompt questions:
Montserrat Regular 16 pt,
line spacing: 21pt



#454545



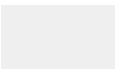
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#bababa



#cdcdcd



#efefef