



Student Services Counseling Center

Where students are assisted with academic, career and personal needs.

Greetings from the NTC Counseling Center. The counselors at NTC are available to help guide, support, and assist students with academic, personal, and career needs. Student support is our priority. Monthly, we will share information with you on a variety of topics along with related workshops. The topic for the month of December is "Stress Reduction Tips: Getting a Handle on Stress." The workshop will be held in room C132 on the following dates: Tuesday, December 9, 6:00-7:00 p.m.; and on Wednesday, December 10, 9:00-10:00 a.m. or 1:30-2:30 p.m.

Tips for Handling Stress

We all experience stress everyday. Stress results from events we view as positive as well as those events we view in a negative light. Prolonged stress without periodic relief can injure our bodies temporarily or even trigger chronic conditions.

To reduce or counteract the potentially damaging effects of prolonged stress on our bodies, we must be proactive. Several suggestions are as follows:

- Exercise
- A healthy diet including protein, fruits, vegetables, low-glycemic carbohydrates, and a minimal amount of sugar and saturated fats
- Adequate sleep
- Healthy relationships
- Meditation
- Calming music

Please join us at one of the workshops mentioned above for a full discussion on handling stress.

For more information about other positive ways to deal with stress, please call 715.803.1029 for an appointment with a Student Services counselor. We look forward to talking with you.