See this page in the course material.

Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life.

—Marilu Henner, actress

LEARNING OBJECTIVES

By the end of this section, you will be able to:

- Identify sources and signs of stress, particularly for college students
- List healthy ways of managing stress that fit your current lifestyle

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