

[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

Licenses and Attributions

CC licensed content, Original

- Stress. **Provided by:** Lumen Learning. **License:** [CC BY: Attribution](#)

CC licensed content, Shared previously

- Image of woman with mason jar. **Authored by:** Lily Monster. **Located at:** <https://flic.kr/p/ad4n6Z>. **License:** [CC BY-NC: Attribution-NonCommercial](#)

</div