

UTHealth
Student
Counseling
Services
Presents

**HOW TO
COPE AND THRIVE
WHEN THINGS
SEEM OUT OF
CONTROL**

Wellness presentations on Panopto to help you cope in times of high stress

<http://bit.ly/UTStudentCounselingWellness>



**UTHEALTH STUDENT COUNSELING SERVICES
713.500.5171**

