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Integration of Self Care and Financial Literacy in Undergraduate Education [brochure and streaming video]

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Integration of Self Care and Financial Literacy in Undergraduate Education

According to American Psychological Association, chronic stress can lead to an array of health and emotional concerns:

1. Fatigue
2. Irritability
3. Anxiety
4. Depression

<http://www.apa.org/helpcenter/stress.aspx>



High-Debt States:

New Hampshire \$32,440
Pennsylvania \$29,959
Minnesota \$29,793
Rhode Island \$29,097
Connecticut \$28,783

Data From 2011



Low-Debt States:

Utah \$17,227
Hawaii \$17,447
California \$18,879
Arizona \$19,950
Nevada \$19,954

Lets not forget about our Ole' Kentucky Home \$22,287

<http://files.eric.ed.gov/fulltext/ED537338.pdf>

Sticking to your budget in 4 ways:

- 1) Stick to your meal plan for food
- 2) Look for free entertainment on campus
- 3) Always buy used books
- 4) Track your ATM use to avoid extra fees



3 Key areas where students have troubles managing self-care:

1. Stress Control
 - *Learn to take breaks from assignments or study time
 - *Schedule relaxing activities
2. Time management
3. Relationships
 - *Be involved on campus and build healthy relationships
 - *But still keep your personality and independence
4. Physical Health
 - *conduct healthy diet and adequate sleep

Self Strategies and practices for college students:

1. Relaxation Techniques
2. Sleep
3. Exercise

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