



STRESS BUSTERS CHALLENGE



Sound familiar?

These are some of the most common stressors that students experience.

Unfortunately, stress cannot be eliminated. But, it can certainly be managed.

All of us have our own ways to cope with stress in everyday life.

Share your stress-busting strategies with the community and win exciting prizes!

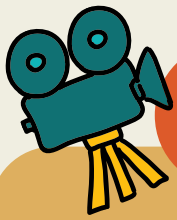
This April, join the **STRESS BUSTERS CHALLENGE** to celebrate Stress Awareness Month!

Join the STRESS BUSTERS CHALLENGE

Win Prizes!

HERE'S HOW:

Share your top 3 stress busting strategies in ONE of the following formats:



VIDEO

OR

POSTER



- Length of not more than 1.5 minutes
- Animation, real images / footage, or any combination of these is allowed

- Size A2
- Illustrations, real images, photographs, or any combination of these is allowed

General Instructions

- Participants can team up (maximum 3 people) or do it individually.
- All participants will receive an incentive.
- Please ensure that the media/images used are not copyright protected.
- **Three best entries** will be selected by a panel of judges. The judges' decision regarding the entries will be final.
- The entries submitted may be used, individually or in combination with other materials, for various educational and promotional activities by the SCS.
- The email subject line should be "My entry – Stress Buster Challenge"

EMAIL YOUR ENTRIES TO SCS@KAUST.EDU.SA
LAST DATE: APRIL 9, 2022

Win Prizes!

Organized by:
Student Counselling Services, KAUST

