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RESELLER'S
EDGE

MENTAL HEALTH FOR COLLEGE STUDENTS

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- Roaring Spring Blue
 Examination Book 7x8.5in
 DSC# 89035 | ESRP \$0.47
- Skullcandy Jib In-Ear Bud w/Mic
 DSC# 117614 | ESRP \$9.99
- Duracell CopperTop
 Alkaline Batteries AA 4Pk
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 Mechanical Pencil .5mm
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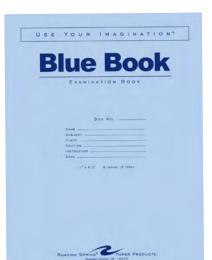


















college students surveyed experienced either ADHD or ADD, and 72% of these students discussed the issue with a mental healthcare months.

Though mental health issues may be caused by a variety of sources outside of the college setting (for example, ADHD might be diagnosed in early childhood and bipolar disorder can run in families), certain conditions of college campuses can cause or worsen mental health disorders such as academic pressure, relationships, harassment or discrimination, grief and loss, loneliness, etc.

In the ACHA survey, 7% of college students reported insomnia. 59% of these students reported discussing the issue with a healthcare

to the ACHA survey, 7% of college students struggled with eating disorders. 56% of that percentage discussed their disorders with a mental health professional.

According

of students experienced some distress, either moderate or severe.

had been diagnosed participating college students reported having depression, and of those students, 78% reported discussing their depression with

a mental health

professional.

of students participating in the survey had been diagnosed with a stressrelated disorder. Of that discussed their disorders in the previous

participants said they

About 8% percentage, about 74% had 12-months.

4 WAYS STUDENTS **CAN PRIORITIZE SELF CARE**

Consistent **Physical Activity**

Consistent physical activity, even a 30-minute walk, can boost mood and improve overall health.



Prioritized Sleep Prioritizing an average of 8

hours of sleep a night, along with practicing good sleep hygiene is vital to physical and mental wellbeing.



Feeling down is normal, but one way to prioritize yourself when feeling in the dumps is to focus on the positives and leaning on family and friends.

Positive Thinking



Regular, well-balanced meals significantly improve overall health. Looking up recipes to make yourself fresh, delicious, and colorful meals is a great way to practice self-care during a night in.

Well-Balanced Diet





SONY

Super-Compact, Powerful Sound

Sony Portable Wireless Speaker

The SRS-XB100 speaker provides powerful, clear, expansive sound in a small, portable, and durable body. Despite its size, it's packed with technology, including a Sound Diffusion Processor for spreading sound, a passive radiator for deeper bass and an off-center diaphragm for a clear sound, even at high volumes. Enjoy big sound in a waterproof and dustproof design with up to 16 hours of battery life.

Available in Black, Light Gray, Blue, and Orange.



Color DSC# Black 157277 Light Gray 157277 157276 Blue 157276 Orange

ESRP \$59.99







PROMOTING STUDENT SELF CARE: Products to relieve stress

For students in today's fast-paced world, stress seems to be an inevitable part of life. Fortunately, DSC offers many products that can help alleviate stress and promote a sense of well-being. Whether you're looking to unwind after a long day or create a healthier daily routine, here are 4 must-have products to help you combat stress.

Oak & Reed Yoga **Mats and Blocks** Oak & Reed offers yoga mats in many colors and designs and yoga blocks to help students build more stress-free workout routines. Yoga is known to help relieve stress, reduce anxiety, and boost students' moods. Shop Oak & Reed Yoga Needs here.

Takeya Reusable Water Bottles Staying hydrated is incredibly important to help boost students' moods, increase their brain function, prevent infections, and more. Stock up on reusable water bottles from Takeya and help students take hydration on the go. **Shop Takeya Water** Bottles here.

Carpe Diem Journals Journaling can help reduce intrusive negative thoughts, improve working memory, and decrease stress. Carpe Diem journals come with many different covers, so students can pick one that matches their vibes. Shop Carpe Diem Journals here.

Noise-Cancelling Headphones Block out distractions and create a peaceful environment with noise-cancelling headphones. Whether students are meditating, listening to calming music, or simply enjoying some quiet time, these headphones can help them find moments of peace and decrease stress. Shop Noise-Cancelling Headphones here.

final thoughts Stocking these products and helping students incorporate them into their daily routines can help them manage stress more effectively and cultivate a greater sense of well-being. Whether they're looking to create a serene environment at home with yoga gear, or prioritizing anti-stress actions on the go, investing in these stress-relief products will help students be happier and healthier on campus.

Read full article here: retailconnection.dstewart.com









The power of AI at your fingertips

Surface Pro for Business 11th Edition Copilot+ PC

Surface Pro for Business 11th Edition Copilot+ PC has exceptional performance, all-day battery life, and new, unique AI experience to help make your device smarter, faster and more creative – all in a flexible design combining the portability of a tablet and the power of a laptop. Windows 11 Pro Copilot+ PCs are designed for advanced AI experiences to make every day more efficient and productive.

Pair with the Surface Pro Flex Keyboard (now featuring Copilot Key) with Slim Pen (V2) for unrivaled flexibility!

Surface Pro for Business 11th Edition Copilot+ PC DSC# 165276 | ESRP \$1,549.99

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Skullcandy

FOR ANY ADVENTURE

Skullcandy Sesh ANC Active

Sesh ANC Active is built for the active consumer who wants a pair of earbuds to use on and off the mountain. These crossover earbuds are built with do-everything durability, all-day battery and a specially designed Fit Grip that helps them stay in place. Adjustable 4-Mic Active Noise Canceling helps users get in the zone before, during and after the action.

Prices subject to change. Please visit www.dstewartcanada.com for current pricing.

DSC# 163483 ESRP \$99.99



