

SEPTEMBER 2024
**RESELLER'S
EDGE**

MENTAL HEALTH FOR COLLEGE STUDENTS

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1 Roaring Spring Blue Examination Book 7x8.5in
DSC# 89035 | ESRP \$0.47

2 Skullcandy Jib In-Ear Bud w/Mic
DSC# 117614 | ESRP \$9.99

3 Duracell CopperTop Alkaline Batteries AA 4Pk
DSC# 56104 | ESRP \$7.42

4 BIC Xtra Precision Mechanical Pencil .5mm
DSC# 74061 | ESRP \$3.53

5 BIC Xtra Precision Mechanical Pencil .7mm
DSC# 74062 | ESRP \$3.53

6 Roaring Spring Blue Examination Book 8.5x11in
DSC# 89035 | ESRP \$0.47

7 OnHand Charging Cable 5ft USB-A to USB-C
DSC# 117778 | ESRP \$14.98

8 OnHand Dual-Port Wall Adapter
DSC# 125678 | ESRP \$15.98

9 Sharpie Permanent Marker
DSC# 56881 | ESRP \$1.83



TOP SELLERS

FACTOIDS

13% of college students surveyed experienced either ADHD or ADD, and **72%** of these students discussed the issue with a mental healthcare professional in the previous 12 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.

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

77% of students experienced some kind of psychological distress, either moderate or severe.

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

35% of student survey participants said they had been diagnosed with anxiety.

About **8% of students participating in the survey had been diagnosed with a stress-related disorder.** Of that percentage, about 74% had discussed their disorders with a health professional in the previous 12-months.

27% of participating college students reported having depression, and of those students, 78% reported discussing their depression with a mental health professional.

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
Blue	157276
Orange	157276

ESRP \$59.99



4 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.

1 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.](#)

2 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.](#)

3 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.](#)

4 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](https://retailconnection.dstewart.com)





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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

Surface Pro Flex Keyboard + Slim Pen V2 Bundle

DSC# 165289 | ESRP \$619.99



BUILT 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.

DSC# 163483
ESRP \$99.99

