

Anxiety

References

- Achor, S. (2011, May). The Happy Secret to Better Work [TEDTalk].
https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en
- Beiter, R., Nash, R., McCrady, M., Rhoades, D., Linscomb, M., Clarahan, M., & Sammut, S. (2015). The prevalence and correlates of depression, anxiety, and stress in a sample of college students. *Journal of affective disorders*, 173, 90–96. <https://doi.org/10.1016/j.jad.2014.10.054>
- Harvard Health Publishing (2019, August 28). *Nutritional strategies to ease anxiety* [Website].
<https://www.health.harvard.edu/blog/nutritional-strategies-to-ease-anxiety-201604139441>
- Mackelprang, R., & Salsgiver, R. (2016). *Disability: A Diversity Model Approach in Human Service Practice*. Oxford University Press.
- Stein, K. (2013). DSS and accommodations in higher education: Perceptions of students with psychological disabilities. *Journal of Postsecondary Education and Disability*, 26(2), 145-161
- Welle, P., & Graf H., (2011). Effective lifestyle habits and coping strategies for stress tolerance among college students. *American Journal of Health Education*, 42(2), 96-105.
<https://eric.ed.gov/?id=EJ918451>.

Other Resources

- [Academic Coach](#)
- [Learning Tips and Tools \(Learning Services\)](#)
- [UND's Disability Services for Students Office](#)
- [University Counseling Center](#)