

What students who have used REBOOT say:

“I would tell other students to definitely check it out. Everyone needs to reduce their stress.”

“It’s a good place to escape for a little while and unwind.”

“It was relaxing, and I loved it.”

“It’s a great experience that can help reduce stress in every day situations.”

“Definitely worth trying!”

“Come to the Reboot Center any time you’re stressed out or worried.”

“It was a very relaxing, peaceful and friendly environment.”

“The environment sets the tone. Love the water fountain!”

“It’s a really good tool to use whenever you’re stressed out.”

“I enjoyed how calm the experience made me. I didn’t even realize how long I was playing the game.”

“It’s a very relaxing environment ... It’s convenient, and I can stay for as much or as little time as I need.”

“It calmed me down from a stressful day.”

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**FEELING
TIRED?
WORRIED?
RESTLESS?
IRRITABLE?**

REBOOT



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***Feeling overwhelmed? Tired?
Worried? Restless? Irritable?***

One in five college students say they are constantly stressed.

***Relax at OSU's
Reboot Center.***

The Reboot Center features free high-tech computer games and programs to help you unwind.

The programs use the latest stress management technology to monitor your stress and relaxation levels, helping you learn to lower your stress level normally.

The Reboot Center also has multiplayer games, 3-D programs and soothing music.

Reboot staff can also offer tips to help you perform better and cope during difficult times.

Manage your stress today

Stress can lead to a host of bigger issues including concentration problems, illness, academic issues, over- or under-eating, anger, substance abuse and anxiety.

Deal with it today. Contact the Reboot Center for more information.



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