**STRESSGUIDE TILL NYA STUDENTER**

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| Sustainable development goal:  |  3: Good health and well-being |
| Projekt beskrivning:  | According to a survey done in 2017, 72% of the students at SSE have a stress level of 8/10 during exam periods. Stress is the new normal at the school, and it shouldn’t have to be like that. The study also shows that students are unaware about where to turn to when they need help. Our guide aims to reduce this stress among future SSE students, so that they can achieve even more, but without compromising their health. We will do this by providing the content of our guide at the next bachelor-introduction. Being constantly told that we are the future leaders, we truly believe that the impact on mental health will not only affect the students’ lives but also affect the organizations they will work for in the future and the employees they will lead. Starting with our guide, we hope to start a trend that will change the situation to healthier students that perform better, and that will bring this approach to wherever they go in life.  |
| Projektets medlemmar:  | Adam Landberg Beatrice KühnErika MarkörFanny WassénJessica OllusLukas KällénNellie Brandin |
| Kontakt:  |  23833@student.hhs.se |