Research indicates that chronic, high levels of stress adversely affect us medically, cognitively, and emotionally. Additionally, WSU students are under a great deal of stress because of their coursework, employment, and social demands. Consequently, the Counseling and Psychological Services Center at WSU hosts Relaxation/Meditation groups each week, and WSU Psychology Practicum students have assisted with these groups. This poster will outline the experiences of one such student.