**LETTERS TO THE DAILY**

**Health Service Handbook**

**BY SYLVIA PILARSKA**

**QUESTION:** What causes menstrual cramps?

**ANSWER:** My doctors at AMFM have been able to help me understand why I experience menstrual cramps. They explained that cramps can be caused by various factors, including hormonal changes, stress, and muscle tension.

**Health Service at University of Michigan**

**BY THE DAILY**

**To the Daily:**

I recently attended a presentation on stress management and would like to share some of the tips I learned with others.

- **Listen to calming music:** Listening to soothing music can help reduce stress levels.
- **Practice deep breathing:** Deep breathing exercises help release tension and calm the mind.
- **Get regular exercise:** Regular exercise can improve mood and reduce stress.

These are just a few tips that you can use to help manage stress in your daily life. I encourage you to try them out and see which ones work best for you.

**Library in the News**

**By the Daily**

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**Dean of Students**

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