

STRESS RELIEF TIPS:

- MAKE SURE TO EAT HEALTHY SNACKS!
- CREATE A TO DO LIST
 - ORDER THINGS FROM THE MOST IMPORTANT TO UNESSENTIAL TASKS
- TAKE A TEN MINUTE BREAK
- GO FOR A WALK
 - EXERCISING FOR 20-30 MINUTES IN A DAY CAN IMPROVE PERSPECTIVE, SLEEP, & SHARPEN MENTAL PRODUCTIVITY
- LISTEN TO RELAXING MUSIC
- MAKE SURE YOU GET 8 HOURS OF SLEEP
 - IF YOU DON'T, MAKE SURE YOU TAKE A NAP TO CATCH UP!



Gift ideas for the holidays for someone on a budget!

- iTunes gift cards
- Homemade assortment of cookies
- A personalized collage of photos
- Crochet a scarf

Stress Free Zone:

Join us for some holiday fun themed events and de-stressing from finals!

Coloring

Make your own stress ball

Hot Cocoa & cookies!

Christmas music

and much MUCH more!