



# DECEMBER

## MONDAY 3

Donut Stress, South Quad  
9:00-11:00 a.m.

Art Therapy Coloring Books  
BT 1538 9:30-4:30 p.m.

Positivity: Self - Reflection  
E1 Lounge 6:00-8:00 p.m.

Major Mix and Mingle  
Santa Rosa Commons  
7:00 p.m.

HRE Converting lounges to  
quiet study places



## TUESDAY 4

Bubble Therapy, resources to  
destress for success  
Central Mall 11:00-3:00 p.m.

First Tuesday Food Trucks  
Fruit Truck & Baby Bad Ass  
Burgers Central Mall  
11:00-3:00 p.m.

Student Leadership: Sunset  
Yoga South Quad 5:00 p.m.

Rooting for you Root Beer  
Floats Anacapa Commons  
7:00 p.m.

Recess Don't Stress Santa  
Rosa Village Family Room  
7:00-9:00 p.m.

HRE Converting lounges to  
quiet study places

## WEDNESDAY 5

Stress Journals  
BT 1538 9:30-4:30 p.m.

Massages SUB 1080  
11:00- 1:00 p.m.

Mindfulness & Meditation  
Workshop- El Dorado  
1:00-2:00 p.m.

Stress-less Tabling Library  
Plaza 2:00- 4:00 p.m.

Don't Flip Out Pancake  
Breakfast G1 Lounge  
7:00 p.m.

Love on a Leash South Quad,  
Time TBD

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## THURSDAY 6

Paws to Pet the Puppies  
Central Mall 11:00-1:00 p.m.

Popcorn & Snow Cones  
Treehouse Courtyard  
12:00-1:00 p.m.

Stress-less Tabling  
Treehouse Courtyard  
2:00- 4:00 p.m.

Mindful Paint  
G1 Lounge  
6:00-8:00 p.m.

Massage Chairs Anacapa  
Commons Time TBD

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## FRIDAY 7

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quiet study places

