



MONDAY 3

TUESDAY 4

WEDNESDAY 5

THURSDAY 6

FRIDAY 7

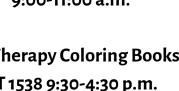
Donut Stress, South Quad 9:00-11:00 a.m.

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

Positivity: Self - Reflection

7:00 p.m.

quiet study places



E1 Lounge 6:00-8:00 p.m.

Major Mix and Mingle **Santa Rosa Commons**

HRE Converting lounges to



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

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

HRE Converting lounges to quiet study places

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**

HRE Converting lounges to quiet study places

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