

Stress Relief Station

Discover ways to relieve stress
and conquer your finals

Tuesday, May 6th

9:00AM-5:00PM

MAC Building- Makerspace



SCHEDULE

- ✓ **10-10:30am Breathwork**
Discover breathing patterns that calm the nervous system, focus the mind and ease tension
- ✓ **12-12:30pm EFT Tapping**
Learn how to relieve stress, balance emotions and support healing by stimulating energy points on the body through simple, guided techniques
- ✓ **3-4pm Gentle Yoga**
Stretch your body and mind in a gentle and stress relieving way. No special clothing or mats required.

ABOUT

Set yourself up for success this finals week with a **day of stress relief and mindfulness** designed to help you feel calm, focused, and energized!

Take part in scheduled sessions of **breathwork, EFT Tapping, and gentle yoga**, and explore relaxing drop-in activities like **coloring books, origami art, affirmation clothespins, healthy brain-boosting recipes, take-home fidgets and essential oils**.

Stop by to **recharge your mind, reset your energy and leave with practical tools** to help you thrive through finals and beyond.