If you don’t have 10-15 minutes to spare, THIS IS FOR YOU! Self-Care is most needed when you feel you don’t have time for it!

Why you should take breaks:
- Improves memory
- Serves as energy boost
- Reduces stress
- Improves your health
- Boosts your performance and creativity

What more could you ask for during finals season?!

MAP BREAK
Take a short break & join us for brief anxiety and stress reduction practices from our Managing Anxiety Program (MAP)

Scan the QR code or click here to join. All are welcome!

Friday, December 3rd
12:30pm Grounding Exercises
12:50pm Diaphragmatic Breathing
1:10pm Progressive Muscle Relaxation
1:30pm Leaves on a Stream Meditation

Tuesday, December 7th
3:30pm Grounding Exercises
3:50pm Diaphragmatic Breathing
4:10pm Progressive Muscle Relaxation
4:30pm Leaves on a Stream Meditation

Friday, December 10th
12:30pm Grounding Exercises
12:50pm Diaphragmatic Breathing
1:10pm Progressive Muscle Relaxation
1:30pm Leaves on a Stream Meditation