

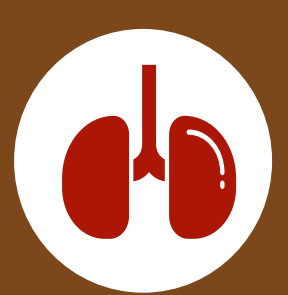
FALL 2018

# STRESSBUSTERS

1 MINUTE IDEAS



SMILE OR HAVE A LAUGH



4-7-8 BREATHING: BREATHE IN 4 COUNT, HOLD FOR 7, EXHALE 8 COUNT



GIVE SOMEONE A 20 SECOND HUG

EVERY DAY

## MASSAGE CHAIR

8:15 am - 5 pm, Service Building, 2nd Floor (outside 227A)

Take a 15 minute break and try out the massage chair in the Office of the Dean of Students. Noise cancelling headphones, aromatherapy products, meditation apps, and color-change light bulbs can enhance your break with something for all of the senses.

EVERY DAY

## REFLECTION SPACE

8 am to building close, Reflection Space (above Crest Room) McCullough Student Center

Take a break solo, or with friends for some contemplation, reflection, or just a reminder to be present for a moment.

SIGN UP

## MINI CHECK-IN

Sign up at go/minicheckin

Feel like you're running out of time, but want someone to ask how you are doing and genuinely listen to the answer? Sign up for a 15 minute mini-check in with Maddie Hope or Barbara McCall from Health and Wellness Education. No suggestions, just listening. Everyone will leave with a last-week-of-classes affirmation to use and share.

WEDNESDAY DECEMBER 5TH

## COOKIE DECORATING & 3D SNOWFLAKES

8 - 9pm, Ross Fireplace Lounge

Join the Ross Commons Council for a snack and craft! The Council will provide all the tools you need to decorate sugar cookies and make paper snowflakes to help you de-stress after a day of classes and studying. Stop by and grab a cookie or stay awhile and learn how to make 3D paper snowflakes!

THURSDAY DECEMBER 6TH

## RELAXATION & RESTORATION

5 - 6:30pm, Mitchell Green Lounge, 3rd Floor McCullough Student Center

Join Alexa Szotka and Carina Antonino DiMare from Parton Counseling for 90 minutes of relaxation, restoration, and renewal. We will share skills to reduce stress and anxiety, and strengthen your ability to experience the present moment with compassion and non-judgment. The group will begin with a mindfulness exercise and meditation, followed by group reflections and sharing, ending with gentle yoga postures. No previous experience in yoga and mindfulness skills needed. This group will be offered at the same time and place on Thursday December 13th.

FRIDAY DECEMBER 7TH

## SLEDDING, SNOWSHOES, & CIDER

1 - 4pm, the top of Mead Chapel Hill (no snow location will be on McCullough Student Center patio)

Join the Student Activities and Orientation office (SAO) for a quick trip down Mead Chapel Hill. We'll have some hot cider brewing on stoves from Middlebury Outdoor Programs and sleds for all to enjoy. We will have a limited number of snowshoes for folks if you would like to try laying some tracks around campus. In case there is no snow, stop by the McCullough patio to pick up some free hot cider and some snacks to power your upcoming study sessions.

DROP IN DECEMBER 10TH & 11TH

## BRAIN BREAKS

Beginning on the hour and half hour (see below for times), Proctor Lower Studio

Looking for some help focusing? Feeling like your thoughts are jumbled between papers, projects, and studying? Maybe it just feels like time to take a break? Beginning on the hour and half hour, drop in to one or more of these 25 minute brain breaks. Facilitators from across campus will welcome you in, introduce a mindfulness skill, and let everyone practice to re-set together.

Monday December 10th from 10am - 12pm with Laura Wilkinson

Monday December 10th from 2:30 - 5pm with Carter Branley

Tuesday December 11th from 2:30 - 4:30pm with Carter Branley

MONDAY DECEMBER 11TH

## HOT CHOCOLATE & CIDER with GREEN DOT

2 - 4pm, Davis Family Library Atrium

Join Green Dot program staff to celebrate the (almost) end of the semester by taking a break for a hot beverage in the library. Have a green dot story to share? Our program staff would love to hear it! We want to thank everyone for helping to make our community inhospitable to red dots through active bystander intervention. Whipped cream and green dot sprinkles will definitely be available.

THURSDAY DECEMBER 13TH

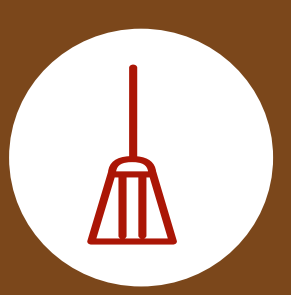
## RELAXATION & RESTORATION

5 - 6:30pm, Mitchell Green Lounge, 3rd Floor McCullough Student Center

See description above for December 6th.



JOURNAL OR FREE-WRITE



TIDY UP YOUR STUDY OR SLEEP SPACE



MAKE AND ENJOY A CUP OF DECAF OR HERBAL TEA

15 MINUTE IDEAS

This calendar is sponsored by Health and Wellness Education, Middlebury's Koru Mindfulness facilitators, Parton Counseling, Ross Commons Council, and Student Activities and Orientation (SAO).