

# DeStress for Success

Event	Day(s)	Time(s)	How to Play
Meditation Stations	11/29 - 12/9	On your own	Be mindful as you meditate in the cocoon or wrap-around chairs on the 2nd & 3rd floor of Dunbar Library. Look for signs with QR codes and links to mediation playlists. Bring your own eyemask or neckpillow!
Connect the Dots & Coloring	11/29 - 12/9	On your own	Take a break and color or connect-the-dots. Sheets will be available at a table near the plants in the 2nd floor Atrium.
Stuffed Therapy	11/29 - 12/9	On your own	Allergies or aversion to live animals? Never fear, borrow a stuffed animal to cuddle. Stop by the 2nd floor Atrium to give them a squeeze. Please put them back where you found them when you're done.
Fidget Toys	11/29 - 12/9	On your own	Feeling overwhelmed when you study? Borrow a fidget toy to help you relax and focus!
Study Snacks	Circulation Desk	During Library Hours	Check the Circulation Desk for a snack to fuel you up and take a break!
Study Support	Mon 11/29	3:30 - 6:30 p.m.	Visit the Tutoring Coaches and Study Coaches to prepare for finals week studying on the 2nd- floor.
Fuzz Therapy	Wed 12/1	1:30 - 2:30 p.m.	Service dogs in-training from 4-Paws for Ability will visit the Dunbar Library Atrium to help students DeStress while the pups socialize - a win-win!
Meditation	Thur 12/2	2 - 3 p.m.	Brought to you by Counseling and Wellness Services, join us for meditation on the 4th floor.
Relaxing Yoga	Fri 12/3	2 - 3 p.m.	Brought to you by Wright State Campus Rec, join us for yoga on the 4th floor.
Zen Gardens	Mon 11/29 & 12/6	On your own We'll provide the supplies. Take a break and create.	1st floor, Group Study Room
Vision Board/ Collage Making	Tue 11/30		
PlayDough	Wed 12/1 & 12/8		
Button Making	Thur 12/2 & Tue 12/7		
Jewelry Making	Fri 12/3 & Thur 12/9		
			2nd floor, Atrium
			1st floor, Group Study Room

DeStress Online at [www.guides.libraries.wright.edu/destress](http://www.guides.libraries.wright.edu/destress)