

Events to De-Stress and Take Care

DECEMBER 2017



MindHandHeart



Take part in activities to help care for your health and well-being: sleeping, ******* meditating, stretching, petting puppies, eating, and conversing.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p> National Cookie Day, 10am-3pm, Lobby 10</p> <p>*** Om Under the Dome, 12pm-12:30pm, Bld 10-500</p>	<p>5</p> <p> Winterfest, 12pm-1:30pm, Walker Memorial</p> <p> Let's Chat in the Physics Department, 1pm-3pm, Bld 8-316</p> <p> Workshop: Stress Mgmt/Self-Care for Intl Students (Register online), 5pm-6:30pm, Bld E19-202</p> <p> Let's Chat in the OME, 5pm-7pm, Bld 4-107</p>	<p>6</p> <p>REMINDER: Call 617-253-CALM anytime, day or night, 24/7 for a guided relaxation recording.</p>	<p>7</p> <p> MIT Puppy Lab, 11am-1pm, Bld 7-103</p> <p> LBGTQ+ Self Care for the Holidays, 6pm-7pm, Bld W31-110 SPXCE Intercultural Center</p>	<p>8</p> <p> DSL Open Office Hours (with Addie the therapy dog), 11am-12pm, Bld 4-110</p>
<p>11</p> <p>*** Om Under the Dome, 12pm-12:30pm, Bld 10-500</p> <p> Paws and Relax, 7pm-8pm, Johnson Lobby, Z-Center, W35</p> <p> MITell, 12pm-1pm, Bld 10-340</p>	<p>12</p> <p> SPA - Stress Prevention Activities, 10am-2pm, Bld 7-103</p> <p> Let's Chat in the Physics Department, 1pm-3pm, Bld 8-316</p> <p> Let's Chat in the OME, 5pm-7pm, Bld 4-107</p>	<p>13</p> <p> SPA - Stress Prevention Activities, 10am-2pm, Bld 7-103</p> <p>*** Free Meditation for Your Wellbeing, 12:10-12:40pm, Bld E25-202</p> <p><i>LAST DAY OF CLASSES</i></p>	<p>14</p> <p> Study Breaks, 2pm-4pm, Bld 14S-2100</p> <p> Cookies with Canines, 2pm-3:30pm (cookies until 4), Bld 14S-100</p>	<p>15</p> <p> DSL Open Office Hours (with Addie the therapy dog), 11am-12pm, Bld 4-110</p> <p> Study Breaks, 2pm-4pm, Bld E53-100</p>
<p>18</p> <p> Fuel For Thought & Extended Hours, 9am-7pm, 4-107</p> <p> Hot Chocolate and High Fives, 11am-12pm, Z-Center Outside of Johnson Ice Rink</p> <p>*** Om Under the Dome, 12pm-12:30pm, Bld 10-500</p> <p><i>FINAL EXAMS 18TH-22ND</i></p>	<p>19</p> <p> Fuel For Thought & Extended Hours, 9am-7pm, 4-107</p> <p> Let's Chat in the Physics Department, 1pm-3pm, Bld 8-316</p> <p> Emotional Composure - Remaining Unruffled & Dynamic Under Stress (Register online), (Webinar) 3pm-4pm</p> <p> Study Breaks, 4pm-6PM, Bld 7-238</p> <p> Let's Chat in the OME, 5pm-7pm, Bld 4-107</p> <p><i>FINAL EXAMS 18TH-22ND</i></p>	<p>20</p> <p> Fuel For Thought & Extended Hours, 9am-7pm, 4-107</p> <p> Study Breaks, 2pm-4pm, Bld 10-500</p> <p><i>FINAL EXAMS 18TH-22ND</i></p>	<p>21</p> <p> Fuel For Thought & Extended Hours, 9am-7pm, 4-107</p> <p> Hot Chocolate and High Fives, 11am-12pm, Z-Center Outside of Johnson Ice Rink</p> <p><i>FINAL EXAMS 18TH-22ND</i></p>	<p>22</p> <p> Fuel For Thought & Extended Hours, 9am-7pm, 4-107</p> <p> DSL Open Office Hours (with Addie the therapy dog), 11am-12pm, Bld 4-110</p> <p><i>FINAL EXAMS 18TH-22ND</i></p>

For more details visit: mindhandheart.mit.edu/events