


Events to De-Stress and Take Care

MAY 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<p>*** Om Under the Dome, 12pm-12:30pm, Bld 10-500</p>	<p> Let's Chat in the Physics Department, 1pm-3pm, Bld 8-316</p>	<p> MIT Puppy Lab, 12am-2pm, Lobby 10</p> <p>*** Free Meditation for Your Wellbeing, 12:10-12:40pm, Bld E25-202</p>	<p>REMINDER: Call 617-253-CALM anytime, day or night, 24/7 for a guided relaxation recording.</p>	<p> DSL Open Office Hours (with Addie the therapy dog), 11am-12pm, Bld 4-110</p>
14	15	16	17	18
<p>*** Om Under the Dome, 12pm-12:30pm, Bld 10-500</p> <p> Comedian and MIT Alumna Dhaya Lakshminarayanan, 4:30pm, Bld 4-149</p>	<p> Let's Chat in the Physics Department, 1pm-3pm, Bld 8-316</p> <p> Let's Chat in the OME, 5:15pm-7pm, Bld 4-107</p>	<p> SPA - Stress Prevention Activities, 10am-2pm, Bld 7-103</p> <p> MIT Puppy Lab, 12am-2pm, Lobby 10</p>	<p> SPA - Stress Prevention Activities, 10am-2pm, Bld 7-103</p> <p>  Study Breaks (Cookies with Canines), 2pm-3:30pm, Bld 14S-100</p> <p> Let's Chat in the OME, 3pm-5pm, Bld 4-107</p> <p> FAIL! - The moments we generally don't share (Register online), 6pm-8pm, Bld 26-100</p> <p><i>LAST DAY OF CLASSES</i></p>	<p> DSL Open Office Hours (with Addie the therapy dog), 11am-12pm, Bld 4-110</p> <p> MIT's DAY OF PLAY, 12pm-2pm, Kresge Oval</p> <p> Study Breaks, 2pm-4pm, Bld E53-100</p>
21	22	23	24	25
<p> Fuel For Thought (during finals week), 9am-7pm, 4-107</p> <p>*** Om Under the Dome, 12pm-12:30pm, Bld 10-500</p> <p><i>FINAL EXAMS 21ST-25TH</i></p>	<p> Fuel For Thought (during finals week), 9am-7pm, 4-107</p> <p> Let's Chat in the Physics Department, 1pm-3pm, Bld 8-316</p> <p> Let's Chat in the OME, 5:15pm-7pm, Bld 4-107</p> <p> Study Breaks, 4pm-6PM, Bld 7-238</p> <p><i>FINAL EXAMS 21ST-25TH</i></p>	<p> Fuel For Thought (during finals week), 9am-7pm, 4-107</p> <p> Study Breaks, 2pm-4pm, Bld 10-500</p> <p><i>FINAL EXAMS 21ST-25TH</i></p>	<p> Fuel For Thought (during finals week), 9am-7pm, 4-107</p> <p>*** Mindfulness Workshop (Register online), 12-1pm, Bld E25-401</p> <p> Let's Chat in the OME, 5pm-7pm, Bld 4-107</p> <p> MIT's Largest BollyX Class, 5:30pm-6:30pm, Kresge Lawn</p> <p><i>FINAL EXAMS 21ST-25TH</i></p>	<p> DSL Open Office Hours (with Addie the therapy dog), 11am-12pm, Bld 4-110</p> <p><i>FINAL EXAMS 21ST-25TH</i></p>



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

