Events to De-Stress and Take Care
December 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 *** **Calm Under the Dome**, 12pm, Bldg 10-500 😊**GSC Paint Night, Co-sponsored by ISO & Community Wellness**, 7-9pm, Bldg W20-308, W15 😊 🍎 **MindHandHeart Birthday**, 12-2pm, Bldg 10-105	**3** REMINDER: Call 617-253-CALM anytime, day or night, 24/7 for a guided relaxation recording	**4** 🍎😊**Study Break: International Cookie Day**, 2:30-3pm, Bldg 26-110	**5** Calm your mind by relaxing your body! Visit Lewis Music Library to check out Calm-to-Go de-stressing tools (weighted shoulder wraps, lava lamps, etc.)	**6** 🐾**Office Hours with Addie the Dog**, 11am-12pm, Bldg 4-110 ∞ **Wellness Sanctuary**, 7:30pm, MAC Z-Center
9 *** **Calm Under the Dome**, 12pm, Bldg 10-500 😊 🍎 **Winterfest 2019**, 3:30-5pm, Bldg 32	**10** 😊🍎**LCE Afternoon Reset**, 3pm, Bldg 10-105 😊 **Let's Chat in the OME**, 5:20-7pm, Bldg 4-107	**11** *****Free Meditation for Your Wellbeing**, 12:10pm, Bldg E23-385A	**12** ∞ **Free Yoga Clinic**, 12pm, MAC Z-Center 😊 **Let's Chat in the OME**, 3:20-5pm, Bldg 4-107 🍎 🐾 **Cookies with Canines** 2-3:30pm, Bldg 14S-100	**13** 😊 🍎 **Waffle Night**, 9-11pm, Coffeehouse Lounge 🐾 **Office Hours with Addie the Dog**, 11am-12pm, Bldg 4-110 😊 🍎 **UCEM & OGE Study Break**, 12-5pm, Bldg 36-462 & Bldg 36-428 🍎 😊**Study Break**, 2-4pm, Bldg E53-100 *LAST DAY OF CLASSES*
16 *** **Calm Under the Dome**, 12pm, Bldg 10-500 🍎**Fuel for Thought**, 9am-5pm, Bldg 4-107 🍎 😊**Study Break**, 7-9pm, Bldg 10-500 🍎 **Finals Snacks**, 8am, Johnson Ice Rink *FINAL EXAMS 16th-20th*	**17** 😊 **Let's Chat in the OME**, 5:20-7pm, Bldg 4-107 🍎 **Fuel for Thought**, 9am-5pm, Bldg 4-107 🍎 😊**Study Break**, 5-7pm, Bldg 7-238 🍎 **Finals Snacks**, 8am, Johnson Ice Rink *FINAL EXAMS 16th-20th*	**18** Watch: Supporting the whole students: mindful integration of learning principles- https://bit.ly/37ClE5z 🍎 **Fuel for Thought**, 9am-5pm, Bldg 4-107 🍎 **Finals Snacks**, 8am, Johnson Ice Rink *FINAL EXAMS 16th-20th*	**19** 😊 **Let's Chat in the OME**, 3:20-5pm, Bldg 4-107 🍎 **Fuel for Thought**, 9am-5pm, Bldg 4-107 🍎 **Finals Snacks**, 8am, Johnson Ice Rink *FINAL EXAMS 16th-20th*	**20** 🐾 **Office Hours with Addie the Dog**, 11am-12pm, Bldg 4-110 *FINAL EXAMS 16th-20th*

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

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REMINDER:

Holiday Open House: Saturday, 12/7, 10am, MIT Furniture Exchange

Froyo Study Break with Active Minds: 12/14, 9pm, Coffeehouse Lounge