

De-Stress Days @ USA

The Library & Student Services bring you 3 opportunities to refresh your body & mind while studying for finals:



Relax & Renew with Yoga & Meditation

Date: Monday, August 13th

Time: 5:15 - 6:15 PM

Location: Wellness Center Group Exercise Room

Drop in for a 10-15 minute rejuvenation!

To provide much needed stress relief to our students during final exams, USA Student Services and the Library is very pleased to host our first "De-Stress Days August 13th - 15th.

We will have the following FREE activities:

- 10 minute massages
- 10-15 minute Yoga/Meditation sessions
- One on one time with therapy dogs
- Snacks!



10 Minute Massage & Snacks

Date: Tuesday, August 14th

Time: 11 AM - 1 PM

Location: 2nd Floor Hall

We know that many USA students tend to get so caught up in their studies, that they forget to practice self-care! [Studies](#) show that taking a break for just 15-20 minutes can positively affect your attention abilities. Taking breaks to relax, de-stress and clear your head can make study time more efficient and effective. Breaks will not only help your brain remember information more effectively, but they can improve your concentration and motivation when you return to studying! Consider the following benefits:

- **Lowers blood pressure and improves cardiovascular health**
- **Releases endorphins (oxytocin), creating a calming effect**
- **Lessens effects of depression and anxiety**
- **Decreases feelings of isolation and loneliness**
- **Improves focus and motivation**



Therapy Dog Time, More Massage and Coloring!

Date: Wednesday, August 15th

Time: 11 AM - 1 PM

Location: Heritage Lounge

Questions? Email ahaessler@usa.edu