













Events to De-Stress and Take Care

December 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
3 *** Mindful Movement, 10:30am-11:15am, MIT Chapel, Bld W15 *** Om Under the Dome, 12pm, Bld 10-500 *** Mondays in the Chapel: Gratitude, 12:30pm, MIT Chapel, Bld W15	4  MHH Study Break with Cookies, 12pm, Lobby 10  Let's Chat in the OME, 5:20pm-7pm, Bld 4-107	5 REMINDER: Call 617-253-CALM anytime, day or night, 24/7 for a guided relaxation recording	6  Let's Chat in the OME, 3:20pm-5pm, Bld 4-107 *** Om Under the Dome, 5:30pm, Bld 10-500	7  ISO & PDA Coffee Hour, 10am-11am, Bldg E19-202  Suzy Nelson's Office Hours with Addie the Dog, 11am-12pm, Bldg 4-110  Waffle Nite!, 9pm-11pm, Coffeehouse lounge (3 rd floor of Student Center)
10 ** Mindful Movement, 10:30am-11:15am, MIT Chapel, Bld W15 *** Om Under the Dome, 12pm, Bld 10-500 *** Mondays in the Chapel: Gratitude, 12:30pm, MIT Chapel, Bld W15	11  Self-care for the holidays, 4pm-5pm, Bld 50-250 Calm your mind by relaxing your body! Visit Hayden Library to check out Calm-to-Go de-stressing tools (weighted shoulder wraps, lava lamps, etc.)	12 ** Meditation for your wellbeing, 12:10pm-12:40pm, Bld E23-385A LAST DAY OF CLASSES	13 Cookies with Canines, 2pm-3:30pm, Bldg 14, lobby outside Hayden Library *** Om Under the Dome, 5:30pm, Bld 10-500	14  Suzy Nelson's Office Hours with Addie the Dog, 11am-12pm, Bld 4-110  Study Break, 2pm-4pm, Bld E53-100
17  Finals Snacks, 7:30am, Johnson Ice Rink ** Mindful Movement, 10:30am-11:15am, MIT Chapel, Bld W15 *** Om Under the Dome, 12pm, Bld 10-500  Extended Hours in the OME and Fuel for Thought, 9am-7pm, Bld 4-107 FINAL EXAMS 17 TH -21 ST	18  Finals Snacks, 7:30am, Johnson Ice Rink  Sleep Workshop- 12pm-1pm, Bld E23-009  Chair Massage, 12pm-3pm, Bld 14E-304  Study Break, 5pm-7pm, Bld 7-238  Let's Chat in the OME, 5:20pm-7pm, Bld 4-107  Extended Hours in the OME and Fuel for Thought, 9am-7pm, Bld 4-107 FINAL EXAMS 17 TH -21 ST	19  Finals Snacks, 7:30am, Johnson Ice Rink  S3/SDS Hot Chocolate Bar, 11am-12:15pm, Bld 5-102  Study Break, 1pm-3pm, Bld 10-500  Extended Hours in the OME and Fuel for Thought, 9am-7pm, Bld 4-107 FINAL EXAMS 17 TH -21 ST	20  Finals Snacks, 7:30am, Johnson Ice Rink  Let's Chat in the OME, 3:20pm-5pm, Bld 4-107  Extended Hours in the OME and Fuel for Thought, 9am-7pm, Bld 4-107 FINAL EXAMS 17 TH -21 ST	21  Finals Snacks, 7:30am, Johnson Ice Rink  Suzy Nelson's Office Hours with Addie the Dog, 11am-12pm, Bld 4-110  Extended Hours in the OME and Fuel for Thought, 9am-7pm, Bld 4-107 FINAL EXAMS 17 TH -21 ST



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



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