

November 2020 Stress Reduction Programs & Events

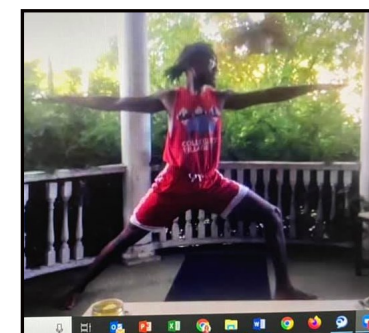
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Program Locations: via Zoom at https://buffalo.zoom.us/my/relax			Wellness Wednesdays 12-12:30pm <i>Feel Your Yoga class</i> 6 - 7 pm	Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Color & Chat 6 - 7pm	Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	
8	9	10	11	12	13	14
	<i>Yoga for Student Living</i> 5:15 - 6:30	Meditation in Motion 3:30 - 4pm	Wellness Wednesdays 12-12:30pm <i>Feel Your Yoga class</i> 6 - 7 pm	Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Color & Chat 6 - 7pm	Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	
15	16	17	18	19	20	21
	<i>Yoga for Student Living</i> 5:15 - 6:30	Meditation in Motion 3:30 - 4pm	Virtual Chill Out Event! 12 - 2 pm <i>Feel Your Yoga class</i> 6 - 7 pm	Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Color & Chat 6 - 7pm	Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	
22	23	24	25	26	27	28
	<i>Yoga for Student Living</i> 5:15 - 6:30		Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	
29	30					
	<i>Yoga for Student Living</i> 5:15 - 6:30					
		See the UB events calendar or UBLinked online for additional program descriptions		Questions? Contact Program Coordinator, Sharlynn Daun-Barnett at sd62@buffalo.edu		Wellness Coaching Program: Schedule appointment to work on academic, physical, social, or emotional wellness goals http://buffalo.edu/studentlife/goals

~ Chill Out! ~

Find healthier ways to relax and take care of yourself during finals

This virtual event on 11/18 will have interactive breakout rooms with activities that include:

- ♦ dog therapy, coloring, yoga, Zumba, meditation, quick foods for finals and more!



December 2020

Stress Reduction Programs & Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Meditation in Motion 3:30 - 4pm	2 Wellness Wednesdays 12-12:30pm Feel Your Yoga class 6 - 7 pm	3 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Zoom Study Room 3:30-5pm Color & Chat 6 - 7pm	4 Self-Care Break 2 - 2:45pm Weekly Meditation Group 3:30 - 4:30pm	5
6	7 Yoga for Student Living 5:15 - 6:30	8	9	10 Quit Smoking/Vaping Walk-in Clinic SU 114 11am - 1pm Zoom Study Room 3:30-5pm	11 Last Day of Classes	12
13	14 Final	15 Exam	16 Week:	17 Good Zoom Study Room 3:30-5pm	18 Luck!!	19

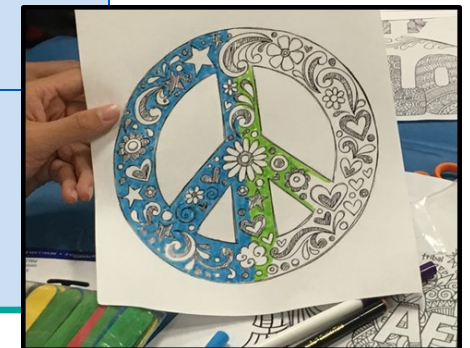
Program Locations:
 via Zoom at <https://buffalo.zoom.us/my/relax>

New Program: Zoom Study Room

Thursdays 3:30-5pm: 12/3, 12/10 & 12/17

- Virtual connections & study breaks
- Drop-in a few minutes or stay the whole time

Don't study alone. We are all in this together!



Strategies to relieve test-taking anxiety:

- ◆ Keep up with your classwork on a weekly basis so you can gradually learn the material
- ◆ Rewrite or retype your notes before the test to make a more detailed study guide
- ◆ Use music to help you to prepare (music could sooth your anxiety, build your confidence or help put you in "a zone" to succeed)
- ◆ Eat breakfast and eat every 3-5 hours throughout the day to maintain your energy and ability to focus
- ◆ Slowly inhale through your nose to a count of four and then slowly exhale through your mouth to a count to four several times—to activate your automatic relaxation response
- ◆ Use calming techniques (fidget devices for your hands, aromatherapy, or a hand massage) before or during the test