DE-STRESS FOR EXAM SUCCESS

SUPPORTING STUDENT WELLBEING BY CREATING A 'CHILL ZONE' DURING FINALS

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CHILL ZONE GOALS

1. Encourage *regular breaks* when studying
2. Encourage *quiet socialization* and minimize noisy distractions
3. Promote *mindfulness* through activities
4. Provide *visual calming* effects throughout the library space
Goal 1: Encourage regular breaks
Study breaks
Benefits

❤ Prevent burnout
❤ Stay focused
❤ Prevent fatigue
❤ Reduce stress

Come take a break in the Library’s de-stress zone!
On the Ground Floor

STAY CALM

TAKE BREAKS HELPS YOU STUDY AND LEARN BETTER

Chill out in the Library’s de-stress zone on the Ground Floor

LIBRARY GROUND FLOOR
Take breaks to study better.

Visit the library's de-stress zone.

Ground Floor

It's important to take breaks!

Check out the library's de-stress zone!

Ground Floor

Relax with coloring in and jigsaw puzzles at the Library on the Ground Floor.
Goal 2: Encourage quiet socialization
Goal 3: Promote mindfulness
HOW TO DE-STRESS

visit the
LIBRARY GROUND FLOOR
11-19 May

Paint or draw
Play an instrument
Exercise
Read a Book
Meditate
Thank you! Any questions?