DE-STRESSFOR EXAN 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 calm**ing effects throughout the library space



Goal I: Encourage regular breaks

s for Exam

Success



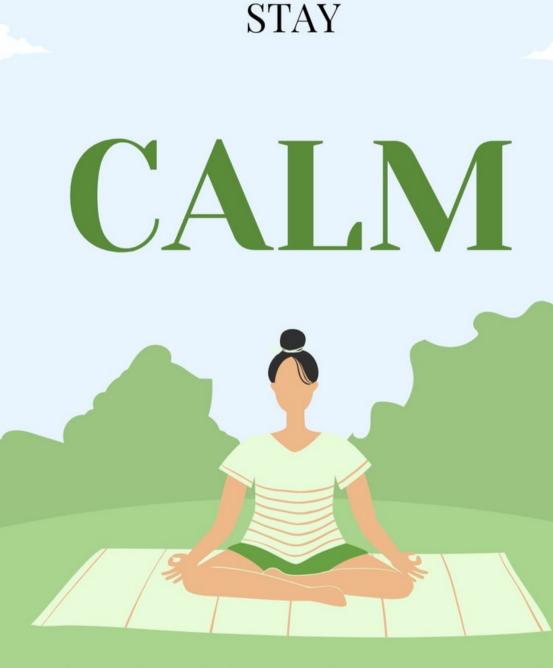


- Prevent burnout
- 🤍 Stay focused
- 🤍 Prevent fatigue
- 🖤 Reduce stress

Come take a break in the Library's de-stress zone!

On the Ground Floor





take a break in the de-stress zone! LIBRARY GROUND FLOOR



TAKING BREAKS HELPS YOU STUDY AND LEARN BETTER

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

1 AKE BREAKS TO STUDY

SDE-STRESS ZONE

GROUND FLOOR LIBRARY 175

SPORTANT

TO TAKE

BREAKS

CHECK OUT THE

LIBRARY'S DE-STRESS

ZONE!

GROUND FLOOR



its inportant to take breaks while studying

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**



Paint or draw

visit the

LIBRARY GROUND FLOOR

11-19 May



Exercise



Read a Book





Play an instrument



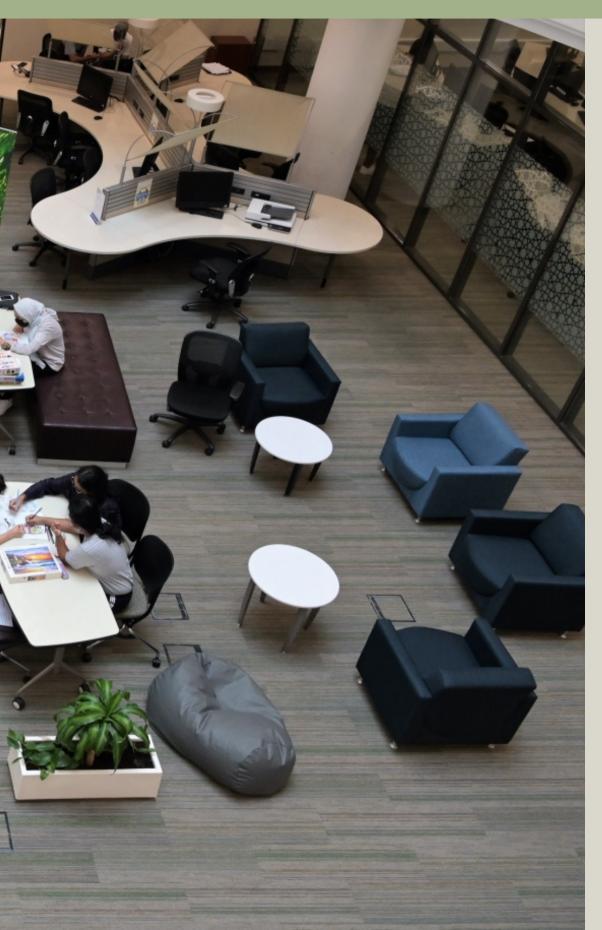
Meditate

Goal 4: Provide visual calm

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Thank you! Any questions?

