

DE-STRESS FOR EXAM SUCCESS



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


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





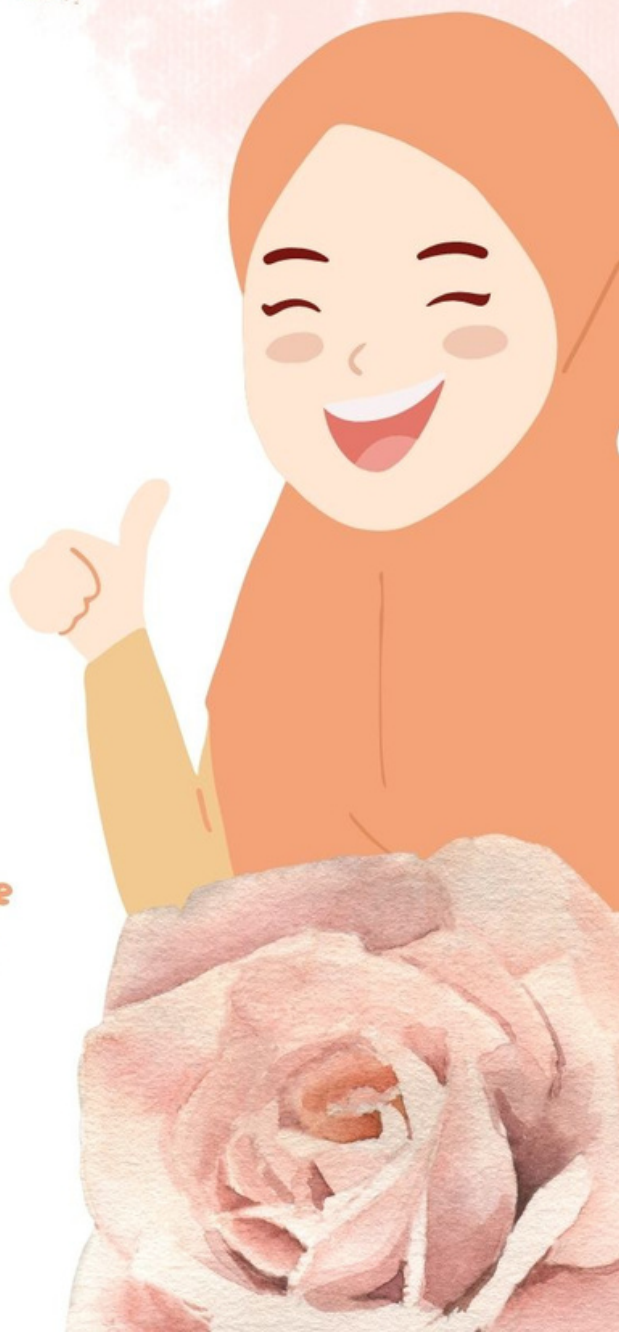
Study breaks

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



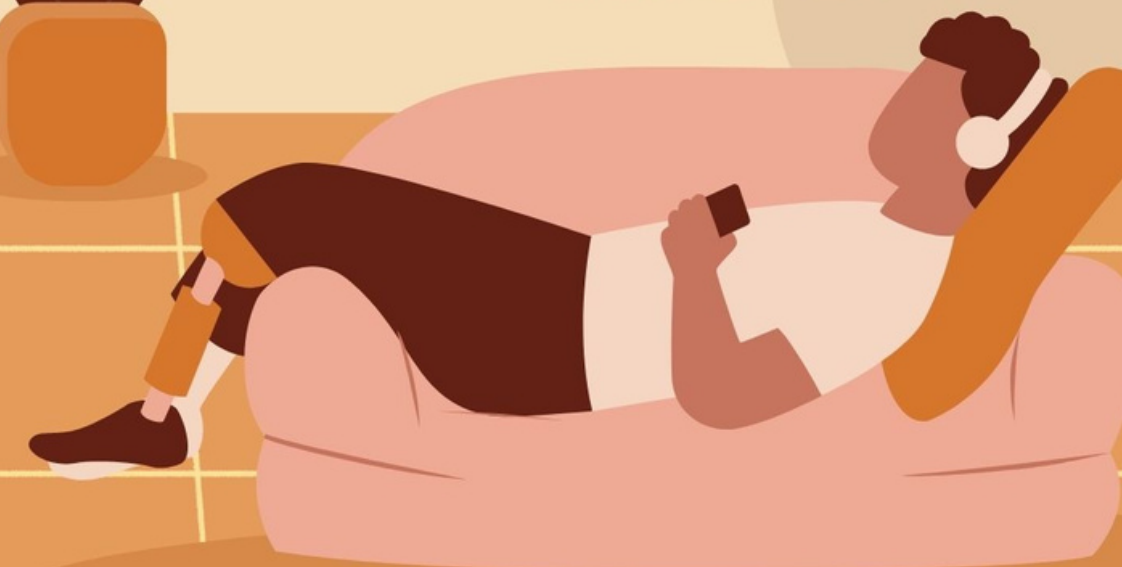
take a break in the de-stress zone!

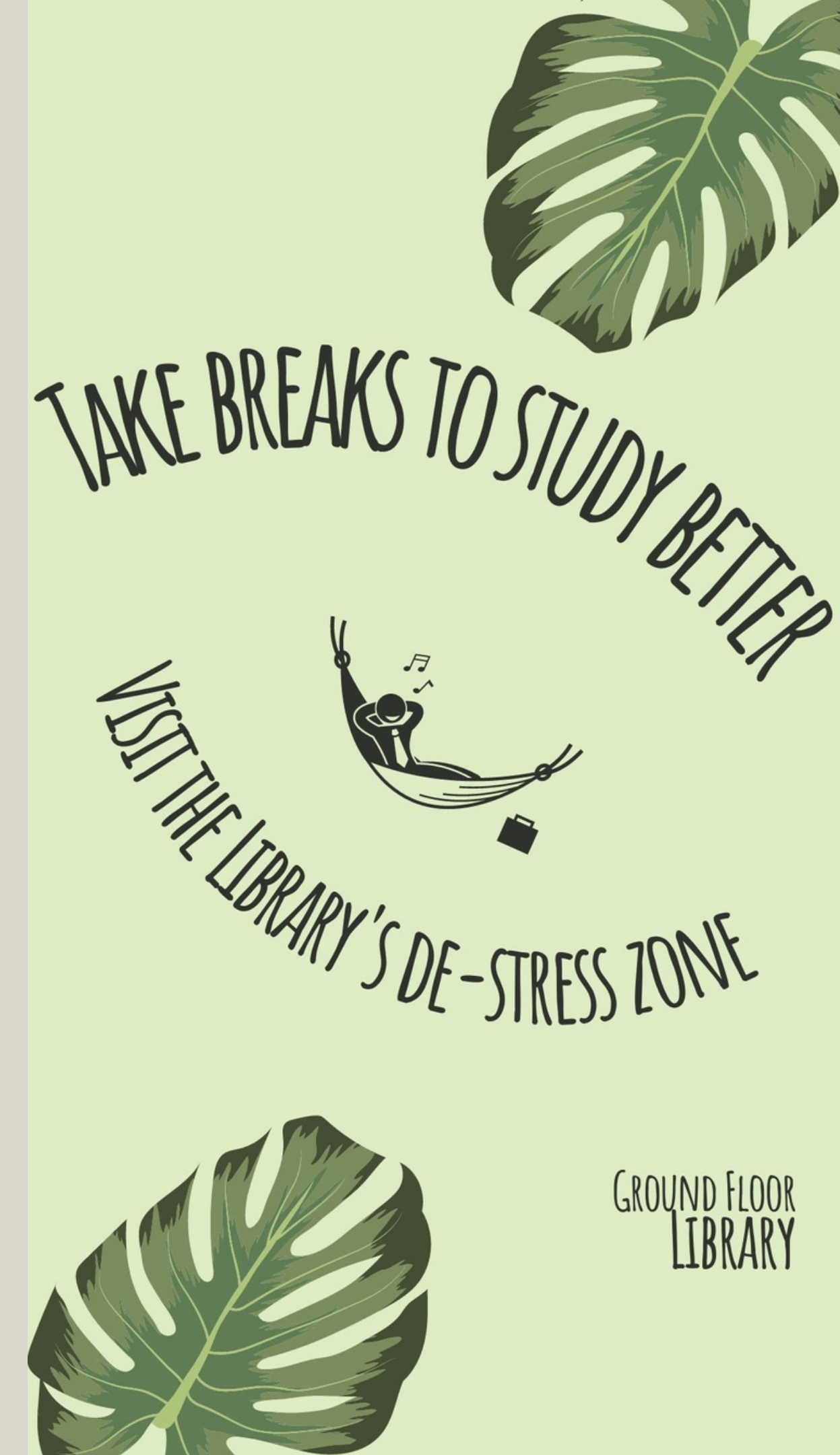
LIBRARY GROUND FLOOR

TAKING BREAKS HELPS YOU STUDY AND LEARN BETTER



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





Goal 2: Encourage quiet socialization



Goal 3: Promote mindfulness



HOW TO DE-STRESS



Paint or draw



*Play an
instrument*



Exercise



*Read a
Book*



Meditate

Goal 4: Provide visual calm















Thank you! Any questions?

