



STRESS LESS WEEK: NOVEMBER 29 – DECEMBER 3

**NOV
29**

DIY Day

5:30 P.M. | HSC Main Dining Room

Craft study buddies, glitter jars, and more!

**NOV
30**

Social Media Check-In

10:00 A.M.– 5:00 P.M. | @UABUPB & HSC 230

Join University Programs Board on Instagram and answer 3 questions to win a Stress Less bag from the office Student Involvement and Leadership!

Blazers Let's Talk!

6:30 P.M. | Honors College 102

Join Mental Health Ambassadors to learn how to manage your mental health during finals week.

**DEC
1**

Outside The Lines Coloring Day

12:00 P.M. | HSC Performance Lounge

Draw outside the lines with adult coloring!

Workout Wednesday Zumba & Yoga

5:30 P.M. | University Recreation

Find your inner Zen with URec

**DEC
2**

Study Party

6:00 P.M. - 10:00 P.M. | VMASC - Sterne Library

Free food, card games, music and more at this one of a kind study party! Connect with tutors throughout the night as you prep for your final exams.

Wellness, Self Care, and Safety

2:00 P.M. - 3:00 P.M. | Campus Green

Practice self care with POWs and Wellness Promotion

Grad Student & Postdoc Stress Less Fest

9:00 A.M. - 3:00 P.M. | HSC Ballrooms

Grad and postdoc students are invited to this one of a kind stress less week event! Enjoy yoga, mindfulness workshops, art therapy and more throughout the day!

**DEC
3**

Mental Health Ambassadors: Home for the Holidays

12:00 P.M. | @UABSCS

Tune in for a live recording of MHA's podcast with host Caleb Sanders

REGISTER ON ENGAGE AND BRING YOUR ONECARD!

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ALABAMA AT BIRMINGHAM

STUDENT COUNSELING
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