

ARLINGTON CAMPUS

DE-STRESS FEST

DECEMBER 9 - 12

All week long University Life Arlington is hosting events and programs across campus to help you de-stress. Join fellow peers for multiple mindful activities to help you through finals week!



MONDAY - THURSDAY
ENJOY **FREE SNACKS** ALL
DAY LONG AT THE UL
ARLINGTON STUDY LOUNGE
VAN METRE HALL ROOM 222

COLOR YOUR STRESS AWAY EVERYDAY
ALL DAY LONG AT THE DESTRESS LOUNGE!
VAN METRE HALL ROOM 222

MONDAY

12:00 PM DO-NUT PANIC!

Kick off exam week with a free donut!
Until supplies last in Van Metre Room 222.

1:00-1:30 PM STRECH IT OUT

Take a study break and join this guided
relaxing stretch session. Van Metre Hall
Room 222.

3:00 - 4:00 PM COFFEE CART

Track the UL Arlington coffee cart across
campus on social media to see where you
can pick up your free cup of coffee and a
snack!

3:30-4:00 PM GUIDED MEDITATION

Practice mindfulness with guided
meditation. Van Metre Hall Room 222.

4:30 - 6:30 PM GAME NIGHT

Enjoy fun board games and puzzles in the
UL Arlington suite Van Metre Hall Room
222.

TUESDAY

12:00 PM PLAYDOH POWER HOUR

Squeeze your stress away with a fun filled
hour of Playdoh! Tools and Playdoh will
be provided.

1:30-2:30 PM COFFEE CART

Track the UL Arlington coffee cart across
campus on social media to see where you
can pick up your free cup of coffee and a
snack!

2:00-2:30 PM GUIDED MEDITATION

Practice mindfulness with guided
meditation. Van Metre Hall Room 222.

3:00-4:00 PM BE KIND

Enjoy your favorite granola Kind Bar
with a kind note. Grab one for a friend
and spread the kindness! Van Metre Hall
Lobby.

5:00 - 5:30 PM STRECH IT OUT

Take a study break and join this guided
relaxing stretch session. Van Metre Hall
Room 222.



@MASONULIFEARL

WEDNESDAY

12-12:30 PM STRECH IT OUT

Take a study break and join this guided relaxing stretch session. Van Metre Hall Room 222.

1-2:00 PM COLORING EXTRAVAGANZA

Relax and color your stress away! Enjoy coloring pages, crosswords, and free snacks! Van Metre Hall Room 222.

3:00-3:30 PM GUIDED MEDITATION

Practice mindfulness with guided meditation. Van Metre Hall Room 222.

4:00 PM PLAYDOH POWER HOUR

Squeeze your stress away with a fun filled hour of Playdoh! Tools and Playdoh will be provided. Van Metre Hall Room 222.

5:00 - 7:00 PM FLAPJACK BAR

Enjoy breakfast for dinner. Treat yourself to delicious hot pancakes with a topping bar including whipped cream, fruit, chocolate chips, and so much more at Van Metre Plaza.

THURSDAY

12-12:30 PM GUIDED MEDITATION

Practice mindfulness with guided meditation. Van Metre Hall Room 222.

2:00 - 3:00 PM COFFEE CART

Track the UL Arlington coffee cart across campus on social media to see where you can pick up your free cup of coffee and a snack!

3:00 PM PLAYDOH POWER HOUR

Squeeze your stress away with a fun filled hour of Playdoh! Tools and Playdoh will be provided. Van Metre Hall Room 222.

4:00-4:30 PM STRECH IT OUT

Take a study break and join this guided relaxing stretch session. Van Metre Hall Room 222.

5:00 - 6:30 PM GAME NIGHT

Enjoy fun board games and puzzles in the UL Arlington suite Van Metre Hall Room 222.



COMMON GROUND WILL BE OPEN MON-THUR 11 AM - 7 PM

Enjoy free coffee & tea all day long at Van Metre Hall Room 222



DE-STRESS AT THE DE-STRESS LOUNGE

- Free snacks
- Relaxing music
- Coloring pages
- Study tips
- And so much more!

Van Metre Hall Room 222

11 - 7 PM



Best way to de-stress is at the MinSpa! Reserve your 20 minute session and enjoy a massage chair, zen garden, yoga mat, and so much more! Book your appointment today!

