

EXAM STRESS BUSTERS

FALL 2017

#UGSTRESSBUSTERS

MONDAY
MINDFUL MONDAYS

TUESDAY
TAKE CARE TUESDAYS

WEDNESDAY
WELLNESS WEDNESDAYS

THURSDAY
TIME-OUT THURSDAYS

FRIDAY
PHYSICAL FRIDAYS

**ALL EVENTS
HELD IN THE
LIBRARY**

NOVEMBER 30

**COLOURING
CONTEST OPENS**

**POSITIVE WALL
BEGINS**

**COLLABORATIVE
COLOURING BEGINS**

**REFUEL: MORNING
SNACK STOP**

10:00 a.m. to 12:00 p.m.
First Floor

DECEMBER 1

**SOAK THE
STRESS AWAY**

WITH JACK.ORG GUELPH

1:00 p.m. to 4:00 p.m.
LIB 103

DECEMBER 4

**COOKIES & MILK
WITH CO-OP
AND CAREERS**

1:00 p.m. to 2:00 p.m.
First Floor

DECEMBER 5

**COFFEE WITH
A COP**

11:00 a.m. to 1:00 p.m.
First Floor

DECEMBER 6

TAKE A PAWS*

10:00 a.m. to 12:00 p.m. and
4:00 p.m. to 6:00 p.m.
LIB 246

**MAKE YOUR OWN
CARE PACKAGE**

1:00 p.m. to 3:00 p.m.
First Floor



DECEMBER 7

TAKE A PAWS*

10:00 a.m. to 12:00 p.m. and
4:00 p.m. to 6:00 p.m.
LIB 246

**PLAY WITH
PLAYDOUGH
AND SLIME**

1:00 p.m. to 3:00 p.m.
First Floor



*Registration is required for
Take-A-Paws at lib.uoguelph.ca

DECEMBER 8

**CANDY BAR —
MAKE YOUR OWN
TREAT BAG!**

1:00 p.m. to 3:00 p.m.
First Floor

Sponsored by the library & OVC Pet Trust/Ontario Veterinary College

DECEMBER 11

**SNAP OUT
OF STRESS
WITH THE STUDENT
NUTRITION AWARENESS
PROGRAM**

11:00 a.m. to 12:00 p.m.
First Floor

DECEMBER 12

**DIY BOOKMARK
MAKING
WITH GRYPH READS**

1:00 p.m. to 3:00 p.m.
First Floor

DECEMBER 13

**CSA ICE CREAM
CHILLIN'**

11:00 a.m. to 12:00 p.m.
LIB 120A

**MAKE YOUR OWN
CARE PACKAGE**

1:00 p.m. to 3:00 p.m.
First Floor

DECEMBER 14

**COLOURING
CONTEST
CLOSES
AT NOON**

**PLAY WITH
PLAYDOUGH
AND SLIME**

1:00 p.m. to 3:00 p.m.
First Floor

**ENJOY
THE BREAK,
YOU'VE
EARNED IT!**

WATCH FOR STRESS BUSTERS EVENTS HAPPENING ACROSS CAMPUS SPONSORED BY THE CENTRAL STUDENT ASSOCIATION. RESIDENCE LIFE STAFF AND INTERHALL COUNCIL ARE ALSO HOSTING STRESS BUSTING EVENTS FROM 9:00-10:00 PM IN RESIDENCE.

REB # 16NV023 The Take a Paws program is now part of a research study that will collect data on stress behaviours observed in dogs being used in the program. Students will be video-taped to allow retrospective analysis of dog behaviours. Should students not wish to participate in the study, alternate dogs will be made available.

THANK YOU TO OUR PARTNERS



McLAUGHLIN
LIBRARY

ONTARIO
VETERINARY COLLEGE

CO-OPERATIVE
EDUCATION &
CAREER SERVICES

STUDENT HOUSING

Ontario Veterinary College
OVC PET TRUST
petrust.ca

jack.org
Guelph

CSA

Guelph
St. John Ambulance
Therapy Dog



STUDENT
WELLNESS

SNAP



STRESS
MANAGEMENT
AND HIGH
PERFORMANCE
CLINIC