

# Events to De-Stress and Take Care

## May 2019

Take part in activities to help care for your health and well-being: **zz** sleeping, **\*\*\*** meditating, **∞** stretching, **🐾** petting puppies, **🍎** eating, **😊** conversing

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6</b></p> <p><b>*** Calm Under the Dome</b>, 12pm, 10-500</p> <p><b>*** Mondays in the Chapel</b>, 12:30pm, W15</p>	<p><b>7</b></p> <p><b>REMINDER:</b> Call 617-253-CALM anytime, day or night, 24/7 for a guided relaxation recording</p>	<p><b>8</b></p> <p><b>*** Meditation for your Wellbeing</b>, 12:10pm-12:40pm, Bld E23-385A</p>	<p><b>9</b></p> <p>Calm your mind by relaxing your body! Visit Hayden Library to check out Calm-to-Go de-stressing tools (weighted shoulder wraps, lava lamps, etc.)</p>	<p><b>10</b></p> <p><b>🍎😊 Waffle Night</b>, 9-11pm, Coffeehouse Lounge</p> <p><b>🐾 Office Hours with Addie the Dog</b>, 11am-12pm, Bldg 4-110</p>
<p><b>13</b></p> <p><b>*** Calm Under the Dome</b>, 12pm, 10-500</p> <p><b>*** Mondays in the Chapel</b>, 12:30pm, W15</p> <p><b>∞ Golf Clinic</b>, 6-8pm, Z Center</p> <p><b>🍎😊 ISO+PDA Afternoon Break</b>, 4-5pm, E19-202</p>	<p><b>14</b></p> <p><b>🍎😊 GSC AC Paint Night</b>, 7:30-9:30pm, W20-301</p>	<p><b>15</b></p> <p><b>*** ∞ zz Calm-to-Go</b>, library hours, 14S-100, 14E-109</p>	<p><b>16</b></p> <p><b>🐾🍎😊 Cookies with Canines</b>, 2-2:30pm, Bld14, Hayden Library</p>	<p><b>17</b></p> <p><b>🍎😊 Study Break</b>, 2-4pm, E53-100</p> <p><b>🍎😊 MIT's Day of Play</b>, 12-3pm, Kresge Oval</p> <p><b>🐾 Office Hours with Addie the Dog</b>, 11am-12pm, Bldg 4-110</p> <p><i>LAST DAY OF CLASSES</i></p>
<p><b>20</b></p> <p><b>🍎 Fuel for Thought</b>, 9am-5pm, 4-107</p> <p><b>*** Calm Under the Dome</b>, 12pm, 10-500</p> <p><i>FINAL EXAMS 20<sup>th</sup>-24<sup>th</sup></i></p>	<p><b>21</b></p> <p><b>∞ Chair Massage</b>, 2:30-5:30pm, 14E-304</p> <p><b>🍎😊 Study Break</b>, 7-9pm, 7-238</p> <p><b>🍎😊 Study Break</b>, 12:30-2:30pm, 10-500</p> <p><b>*** Mid-Week Reboot</b>, 6:30pm, W11</p> <p><b>🍎 Fuel for Thought</b>, 9am-5pm, 4-107</p> <p><i>FINAL EXAMS 20<sup>th</sup>-24<sup>th</sup></i></p>	<p><b>22</b></p> <p><b>∞ Outdoor Bolly X</b>, 5:30-6:30pm, Kresge lawn</p> <p><b>🍎 Fuel for Thought</b>, 9am-5pm, 4-107</p> <p><i>FINAL EXAMS 20<sup>th</sup>-24<sup>th</sup></i></p>	<p><b>23</b></p> <p><b>🍎 Fuel for Thought</b>, 9am-5pm, 4-107</p> <p><i>FINAL EXAMS 20<sup>th</sup>-24<sup>th</sup></i></p>	<p><b>24</b></p> <p><b>🐾 Office Hours with Addie the Dog</b>, 11am-12pm, Bldg 4-110</p> <p><i>FINAL EXAMS 20<sup>th</sup>-24<sup>th</sup></i></p>



For more details visit: [mindhandheart.mit.edu/events](http://mindhandheart.mit.edu/events)



**REMINDER:**

OneWorld@MIT Infinite talent Show & Food Festival: Saturday, 5/11, 3-6pm, JAC Ice Rink and Kresge Oval

Opening Reception for the Kinetic Art Sculpture, A Mess of Gold: 5/12, 5-7pm, Student Center