

DeStress for Success

Please join us for any or all of the following activities. Brought to you with support from the Friends of the Wright State University Libraries, Wright State Campus Recreation, the Wright State Barnes and Noble Bookstore, Wright State University Residence Life & Housing, and the University Writing Center and Tutoring Services.

Stress-Relief Activities in Dunbar Library	When
FitDesk Relay Visit the FitDesks on the 2nd floor and look for flyers, or follow @DunbarLibrary on Instagram and Twitter, for directions and a chance to win a prize!	12/2 - 12/7
Meditation Stations Look for flyers with links to a meditation playlist in our 2nd and 3rd floor quiet study areas.	12/2 - 12/12
Study Snacks on the 1st floor Circulation Desk	12/4 - 12/6 & 12/9
Study Support with study coaches and a tutor	Mon 12/2 6 – 9 p.m.
Connect the Dots & Coloring	12/2 - 12/12
Mindfulness Yoga 2nd floor near the FitDesk bikes	Mon 12/2 & Wed 12/4 2 - 3 p.m.
Fuzz Therapy	Friday, 12/6 11 - 12:30 p.m.
Stuffed Therapy	12/2 - 12/12
Button Making	Mon 12/2 & Fri 12/6
Zen Garden Making	Tue 12/3
Jewelry Making	Wed 12/4 & Tue 12/10
PlayDough	Thur 12/5 & Wed 12/11
Vision Board/Collage Making	Mon 12/9 & Thur 12/12
Activities are “on your own” on the 2nd floor of Dunbar Library whenever the library is open, unless otherwise listed above.	

For details, visit www.libraries.wright.edu/community