

StressDown DAY

**DON'T STRESS
DO YOUR BEST**

**TUESDAY, DECEMBER 1
REC CENTER
3:00-6:00PM**

GAMES/ACTIVITIES

Mandala Coloring
Bubble Wrap Popping
Giant Connect Four Game
Photo Booth
Free Throw Competition
Therapy Dogs

DO IT YOURSELF

Funky Pencils
Aromatherapy
Stress Ball Making
Button Making

"ZEN" ACTIVITIES

Chair Massages
Biofeedback
Brain Massages
Yoga

Door Prizes
Free Snacks & Giveaways

**Special Appearance
by Rowdy**

In collaboration with:

Tomas Rivera Center / University Center / Campus Recreation / UTSA Dining / Academic Advising Council/
Student Health Services / UTSA Libraries / Active Minds / Counseling Services / Jason's Deli