

“Vanquish the Anguish”: A Week of Anxiety Busters

Saturday February 28

9 p.m.-12 a.m. RelaxACtion, Terrace Room. Co-sponsors of the CAP center, Active Minds and the Japanese Society have several events to help encourage peace and relaxation. Origami lessons, make-your-own stress balls, massage chairs, Play-Doh® and food will be provided for free!



Noon **Guided Meditation**,

Meditation Chapel. Take 30 minutes out of your day to relax, reset and recharge for the rest of the day and week with some meditation led by John Colatch from Chaplains and Religious Life and Dr. Claudia Hutchinson of the Counseling and Student Development Center. It is encouraged to bring your own pillow.



Monday March 2

Twitter Day, In honor of Dr. Seuss and Read Across America Day, “Tweet what ails you, tweet what’s neat, tweet your worries right to the backseat” event. Tweet @ BucknellStuHlth. Tweet a particular anxiety you experience or something you do to keep your anxiety in check. If you see something you have experienced, tweet an idea to try!



4:30-5:30 p.m. Yoga with Sam, Group Fitness Room. Regularly provided Yoga event themed around relaxation and mindfulness practice with candlelight setting.

10-11 a.m.

Yoga with Misha, Group Fitness Room. Regularly provided Yoga event themed around relaxation and mindfulness practice with candlelight setting.



6 p.m. **Mood and**

Food, Fellowship House, 628 St. George St. Enjoy a free and tasty home cooked meal. A handout will provide information on how different types of food can affect mood.



6-8 p.m.

Therapy Dogs, Bertrand Library. Take a break with some furry friends.

Disconnect for a Day, Pledge to enjoy the moment and your relationships with others in person by leaving your phone for a day. Students who pledge will receive a stress ball, pin and will be entered for a prize-drawing. Sign up to pledge in the LC mall on Tuesday with Active Minds or Wednesday with Student Health from 11 a.m.-1 p.m.

Tuesday March 3

9-10 a.m. Yoga with Lisa, Group Fitness Room. Regularly provided Yoga event themed around relaxation and mindfulness practice with candlelight setting.



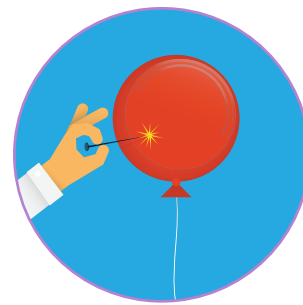
7 p.m. **Dr. Margaret Wehrenberg**

Talk, Walls Lounge. Join Margaret Wehrenberg, author of the 10 Best-Ever Anxiety Management Techniques for a talk about the challenge of anxiety, particularly for university students. She will describe how to recognize anxiety in yourself and others and how to know when outside help is needed. She will talk about the best

ways to control worry, perfectionism and social fears and how to defeat negative thinking. Book sales and signing to follow the lecture.

Thursday March 5

9-10 a.m. Yoga with Lisa, Group Fitness Room. Regularly provided Yoga event themed around relaxation and mindfulness practice with candlelight setting.



6 p.m. Campus Gathering, Science/Engineering Quad. Gather as a community to release some steam! When gathered together, everyone will let out a scream and pop balloons to symbolize letting go of stress. Calm down with some hot chocolate and s’mores making over a campfire.

6 p.m. Mood and Food, CCM – Newman House, 610 St. George St. Enjoy a free and tasty home cooked meal. A handout will provide information on how different types of food can affect mood.

7 p.m. **We Brake For Nobody Improv Comedy Show**,

LC Forum. Are you looking for a fun, free way to bring your mind and body back into balance? Then what you need is a good...LAUGH! We Brake for Nobody is a comedic improv group which performs for students on campus. Laugh along and see your anxieties fade away as We Brake for Nobody performs a variety of short-form improvisational skits, mainly fueled by audience input and participation.



Wednesday March 4

11 a.m.-1p.m. **Student Health presents...**

Stress Relief, LC mall table. Stop by to sign up for the Disconnect for a Day Pledge and see what Student Health has to provide for a quick and interactive anxiety relief activity.



Friday March 6

6 p.m. Mood and Food, Berelson Center for Jewish Life, 632 St. George St. Enjoy a free and tasty home cooked meal. A handout will provide information on how different types of food can affect mood.

Information and resources will be updated on websites throughout the week in addition to events

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