

Take a Break **additional wellness resources during finals!**



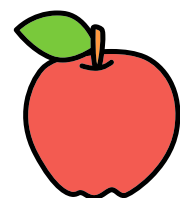
Mental health supports

- [WellTrack](#): tool to help manage anxiety and depression
- [Mindwise](#): online screening tool
- [Stone Center Counseling resources](#)



Sleep

- [Setting a sleep schedule](#)
- [Creating a relaxing bedtime routine](#)
- [Calming music for sleeping](#)



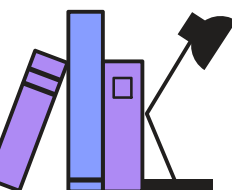
Nutrition

- [Resources from the Office of Student Wellness](#)
- [Brain food quick tips to support memory](#)
- Video: [Food + Mood Thrive in Five](#)



Mindfulness and meditation

- [Free guided meditations from Headspace](#)
- Video: [What is mindfulness?](#)
- Video: [Mindfulness practice: body scan](#)



Academic support

- [Academic Success Coaches](#)
- [Choosing the right resources](#)
- [Helpful tips and handouts from the PLTC](#)



Nature wellness

- Take a break from studies to engage in [nature wellness practices and videos](#) for a moment of connection and grounding
- Enjoy a nature soundscape or [the Wabancam!](#)



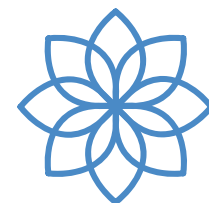
Podcasts to inspire & motivate

- [Mind Massage](#): wellness + self-care podcast
- [Daily Quote](#): quotes to motivate and inspire you
- [The Daily Refresh](#): gratitude and guided breathing



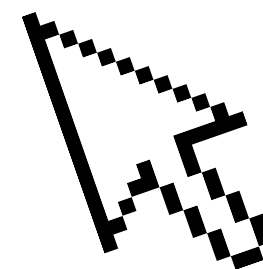
Music for relaxation

- [Lofi hip hop beats](#)
- [Relaxing music](#)
- [Brain food](#)



General wellness resources

- Wellness Reflection Tool: [Reflect to Connect](#)
- [Office of Student Wellness videos](#)
- [5-minute wellness modules](#)



all resources are clickable!

brought to you by the
Wellness Outreach Collaborative

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