

MENTAL WELLNESS WEEK

MARCH 22 - 26, 2021

BEHIND HAPPY FACES

Learn ways to better understand mental health, personalize the mental health spectrum, learn coping skills and approach a friend who might need help. Presented by Zeta Tau Alpha.

7:30PM, March 22nd

Mtg ID: 956 2679 2431

PW: 861087

GUIDED MEDITATION

Join a SLU professor for a 15-minute destressor meditation session.

10:00AM, March 23rd

Mtg ID: 914 3199 3453

PW: 418219

THERAPY DOGS

Decrease stress by spending sometime with a CHAMP Therapy Dog. Registration is required for each 10 minute increment.

12:00PM, March 23rd

SLUruba

Register: shopcampusrec.slu.edu

E-SPORTS NIGHT: ROCKETLEAGUE

Come play in the 2v2 Rocket League Tournament! Prizes will be given to 1st and 2nd place teams.

Registration required.

7:30pM, March 23rd

Register: IMleagues.com

WELLNESS WEDNESDAY PRESENTATION

Learn about coping through mental health struggles and how to build resiliency through these tough times.

12:00PM, March 24th

Mtg ID: 928 9131 1915

PW: 696618

TRIVIA WITH DPS

Play trivia with of officers from the Department of Public Safety. Prizes will be given to the 1st, 2nd, and 3rd winning teams.

Registration required.

7:30PM, March 24th

Register: shopcampusrec.slu.edu

YOGA WITH SARAH

Join SLU student Sarah for gentle yoga and meditation on the Simon Rec courts.

9:00AM, March 25th

Simon Rec - Court 3

Register: shopcampusrec.slu.edu

"IT'S OKAY NOT TO BE OKAY": KEYNOTE SPEAKER

Archie Messersmith-Bunting aka the "Feelings Guy" will speak about reframing the narrative surrounding mental illness and addiction by focusing on feelings & facilitating vulnerable conversations.

7:00PM, March 25th

Mtg ID: 921 0764 6789

PW: 025408

AUTHENTICALLY APPRECIATING POPULAR WELLNESS PRACTICES

Come learn about popular wellness trends and practices that have been whitewashed and removed from their original cultural context. We will provide tips for practicing with authentic appreciation to reframe your self-care routine! Presented by SLU Voice for Change and SLU Chapter of American Physician Scientist Association.

3:00PM, March 26th

Mtg ID: 938 6621 8667

PW: 130644

ASK.LISTEN.REFER. - Take this free online module to learn how to prevent suicide and how to help someone at risk.

COLORING AT HOME - On-campus resident? Stop by the front desk of your residence hall to pick up a FREE SLU-themed coloring book (while supplies last) to relax and unwind on your own time.

DONATIONS - National Alliance on Mental Illness (NAMI) STL is always looking for donations to help support mental health efforts in the STL community. Donations can be made [here](#) or at NAMI.org

MON
22

TUE
23

WED
24

THU
25

FRI
26

ALL
WEEK