December Notices and Events:

December 3rd
- UnThink...Mindfulness & Gentle Stretching
  (Synchronous Zoom Session)

November 16th - December 4th
- Virtual Well-Being Bingo
  (@NDSUHealthyHerd | @NDSUHealthPromotion)

December 7th - 11th
- UnThink...Mindfulness & Gentle Stretching
  (Asynchronous Zoom Session)
  - Dead Week

December 14th - 18th
- Finals Week

December 19th - January 10th
- Winter Break

Tips to Tackle Finals Week:
- Prioritize your time and start early
- Take breaks to avoid fatigue
- Create your own study guide
- Stay well rested
- Turn on soft tunes, like jazz, to aid in your studies

HOLIDAY SELF CARE

Set realistic expectations for yourself
Keep your stress level in check
Acknowledge your emotions
Create your own traditions
Allow it to be a normal day
Stick to your usual self care routine

You can still order your sexual health supplies over the winter break!

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ON ROLL December 2020