

Stress Free Week

The
College
of Saint
Rose

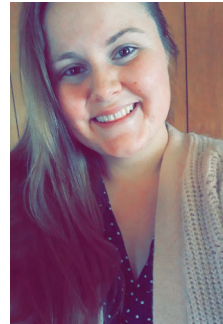
Brought to you by The Counseling Center



- Meet Sarah Abelson! Sarah is one of our wonderful Counselors here at The Counseling Center at The College of Saint Rose! Here are some of the tips that Sarah has for managing stress!
- Prioritize your time
- Set aside time for yourself
- Take a shower to destress
- Get plenty of sleep for full ability to study!
- Remember to use deep breathing techniques

Follow us on
Instagram for more
Stress Management
Tips ALL week!
@csrcounselingctr

- Meet Gabbi Warren! Gabbi is the Graduate Assistant at The Counseling Center and also a student in the School Counseling program at Saint Rose! Here are some techniques Gabbi uses to manage stress!
- Spend time outside going for a bike ride or a walk
- Have a nice conversation with a friend
- Listen to music, sing, or play guitar
- Go horseback riding!



For more information regarding Counseling services available to students please reach out to the Counseling Center at (518) 454-5200! Appointments are still being held virtually. However, we are open Monday, Wednesday, and Friday from 9am-5pm and Tuesday and Thursday 9am-7pm! We are all in this together!



- Meet Kate Moss! Kate is a Librarian at The College of Saint Rose! Here are some of the techniques that Kate uses to help her manage stress!
 - Go for a walk, make art, or listen to music
 - Talk to a friend
 - Practice Meditation
 - Kate is also here to help you navigate finals week!
- For more resources visit
https://library.strose.edu/prf.php?account_id=14986

Event Spotlight: Community Art Project

What: Moving Forward in Unity, Using Art to Heal! Mary Bilik and her students will be facilitating the creation of a mural, providing an opportunity for students to process the impact of the pandemic!

Where: The Quad

When: Wednesday, April 28th 1-5pm

Come participate and contribute a piece of art to the mural! All materials supplied, just bring your creativity!



GOOD LUCK
IN YOUR EXAMS
knock 'em out with your GENIUS!