Games, Puzzles & Inspiration
All Week
John T. Richardson Library and Loop Library
Visit the library’s online resources to de-stress and unwind.
https://libguides.depaul.edu/brainfuel

How to Create a Balanced Meal
All Week
Campus Rec
@depaulcampusrec on TikTok
Watch our TikTok to learn how to create a balanced meal that can help fuel you through finals.

Inner Critic & Self-Compassion
Tuesday, June 1st
12:30 pm - 1:00 pm (CST)
http://cglink.me/2cC/r13941
Learn about your Inner Critic and how it affects your thoughts, feelings, and behaviors. Learn about self-compassion and engage in a guided meditation.

Brain Fuel Barre
Tuesday, June 1st
11:30 pm - 12:00 pm (CST)
https://depaul.zoom.us/j/97369388344?pwd=SFVXQT0M0j4JSjN5eFNPOXyIAE1rdzo9
Password: 769844
Join Claire for a 30-min barre class. Barre will strengthen your core and condition your whole body. Grab a chair and some standing space!

Wellness Wednesday
Wednesday, June 2nd
4:00 pm - 4:30 (CST)
https://cglink.me/2cC/r13047
Join us for a dynamic discussion, about Recovery in College. What support systems are there for recovery students? Curious? Join us!

Envisioning the Future
Friday, June 4th
12:30 pm - 1:15 pm (CST)
https://cglink.me/2cC/r12124
Envision the Future with HPW & Meet Me at the Mission to reflect on what’s really important in your life. We will engage in reflection, discussion and guided mediation.

Clear Your Head to Get Ahead
Monday, June 7th
4:15 pm - 4:45 pm (CST)
https://cglink.me/2cC/r12124
Start your week off with a calming yet energizing session of meditative exercises to ground yourself and prep for finals.

How to Create a Balanced Meal
All Week
Campus Rec
Watch our TikTok to learn how to create a balanced meal that can help fuel you through finals.

Building Motivation
Thursday, June 3rd
12:00 pm - 1:00 pm (CST)
http://cglink.me/2cC/r12621
Finals got you feeling stressed? Join HPW to learn about the stages of change and concrete strategies to build your motivation.

A collaboration between Health Promotion & Wellness, Campus Rec, DePaul University Library & University Counseling Services