



Student Health Services
invites you to...



Take a Minute *for your mental health*

How are you coping? Are you taking time to breathe?
Are you finding ways to manage your stress and anxiety?
Here are a few helpful ideas for you!



SMILE!

Feeling stressed? Smile. It may not be the easiest thing to do right now, but smiling can help to lower your heart rate and calm you down.

SHOW GRATITUDE

Send a thank you note—not for a material item, but to let someone know why you appreciate them, maybe a short note to an instructor who taught you a difficult concept, a family member who made you a great meal, or a friend who gave you a ride somewhere. Written expressions of gratitude are linked to increased happiness.



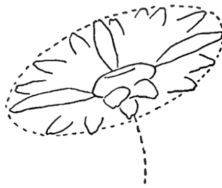
LEARN TO DRAW!

Ever wonder how an artist draws such perfect flowers in their illustrations? You can to by following this easy step-by-step illustration tutorial:



STEP 1:

First lightly sketch out a slanted oval. In the center draw a sideways letter 'C' shape. In the center of the 'C' draw a slightly curved line coming out of it.



STEP 2:

Draw four of the flower's petals. Three of the petals look like normal petals, but one of them (because of the way we are looking at it) is shorter and angled a bit differently than the others. Include a few more.



STEP 3:

Around the flower make sideways letter 'V's.

Erase the oval and then finish drawing the rest of the flower petals that you have just started drawing (when you were drawing the 'v's). It's starting to look like a daisy.



STEP 5:

Draw the daisy's leaf and begin putting more detail into the flower by drawing hatch lines for shadowing.