Destress Monday with the Lerner Center
11:00 a.m.–1:00 p.m. ARB Lobby
BREATHE EASY, STRESS LESS
This Monday, try mindful breathing. Focus your attention on your breath to settle your mind and restore calm.

Try these De-Stress Tricks!

START A CHAIR YOGA ROUTINE THIS MONDAY
If you need to stay at your desk, you can still get a good stretch! Do some simple chair yoga positions to get your blood flowing and reduce your stress in just minutes.

COW STRETCH
CAT STRETCH
SIDE ANGLE

MASSAGE AWAY STRESS
This Monday, try simple, self-massage exercises to relax tight muscles and release tension from stress.

FEEL CALM ALL OVER
This Monday, try a mindfulness body scan to ease tense muscles and let stress drift away.

1. Sit quietly or lie down.
2. Start at one end of your body and focus on each body part.
3. Notice any areas of tension then soften and relax.
4. Continue until your whole body feels completely relaxed.
This Halloween, trick or treat.

This Monday, start fresh.

DE-STRESS TREAT

COLUMBIA UNIVERSITY
MAILMAN SCHOOL OF PUBLIC HEALTH
LENER CENTER FOR PUBLIC HEALTH PROMOTION
This Halloween, enjoy a de-stress trick and treat.

This Monday, start fresh.