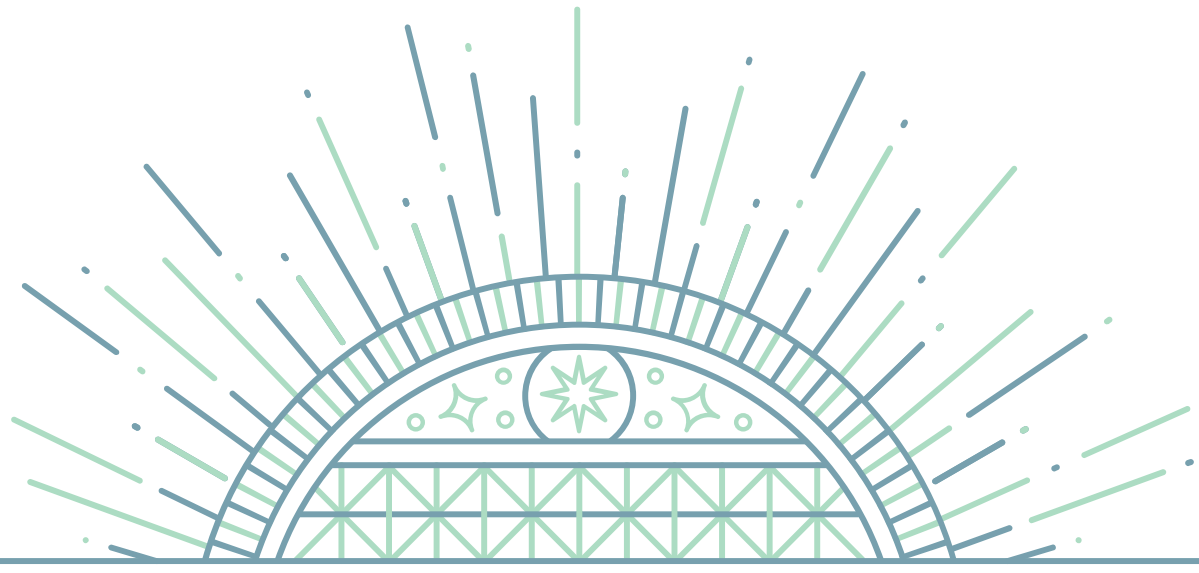




WELCOME TO THE

ZEN DEN





ZEN DEN GUIDELINES

- **Extreme relaxation required:** We invite you to use the Zen Den; a drop-in space where you can relax & take time for YOU!
- Stop in, even for a few minutes, to take a break and focus on your **wellbeing**.
- Engage in **activities of your choosing** to help with relaxation, mindfulness, and positive mental health promotion. Choose to participate in as many or as few as you need.
- To minimize disruption to other students utilizing the space, talk in a **quiet voice** if engaging in conversation with others.

