

## **Feeling Stressed Out??**

Then come to Mrs. Willard's Office Hours and do something about it!

**What:** Various stress management activities including running, walking, yoga, art, music, cooking, mindfulness practice and more!

**Where:** E304 (or location specified on calendar/announcements)

Who: All RTHS students/staffulty are welcome!

When: Tues. & Thurs. 1:45-2:30 (starting Oct. 19th)

**Why**: Stress management is an important and necessary life skill

\*Please see Mrs. Willard in Room 200 with any questions!\*