Wrapping Up: Mindfulness in May

As Spring 2020 winds down...

...and summer 2020 begins, we encourage you to take the time to decompress, do the things that make you happy, and get lots of rest before the fall term. We know this semester wasn't easy, but you're almost there! Rutgers Health Services is offering virtual counseling sessions as well as free workshops and events, like yoga, meditations, as well as many other de-stress and wellness resources, entirely online. Whether you are completing summer courses or using this time to rest and reflect, be sure to use the time to take care of yourself and anyone near and dear to you. We'll see you again in the fall!