

-You are Invited-

# Relax, Refresh & Rejuvenate Seminar

*Come to this Invigorating session and learn how Health, Happiness & Energy is Only a breath away!*

The Stress Buster session includes games, fun interactive processes, breathing techniques and practical wisdom resulting in more focus and clarity. This will give you an opportunity to learn about stress eliminating techniques.

**When: Thursday, April 3<sup>rd</sup>, 6:00pm**  
**Where: Great Hall Meeting Room,  
Ohio Union**

***Refreshments provided.***

Email [joshi.115@osu.edu](mailto:joshi.115@osu.edu) to RSVP.

## **Are you Relaxed, Refreshed and Rejuvenated?**

Few people would say yes. The primary cause is stress. Physical and emotional stress is unduly influencing the quality of life and our studies in obvious and subtle ways. We learn to cope with the effects of stress and settle for limited happiness instead of living the profound peace and joy that should be natural to the human experience. Stress affects the mind causing us to hang onto unnecessary worry, anxiety, and regret, and negative emotions such as anger, fear, or jealousy. Our relationships suffer from it. But something can be done about it. This seminar will give you transforming skills that you can use everyday to deal with stress and feel relaxed, refreshed and rejuvenated.

***Organized by Council of Graduate Students Graduate Health and Wellness  
Committee***