

STRESS AWARENESS WEEK



MON.
NOV 4

BOX BREATHING

10:30am-12:30pm
Library Sidewalk

TUES.
NOV 5

MEDITATION ROOM AWARENESS

Information about the coping skill will be available
online @cerritosstudenthealth on Instagram.

WED.
NOV 6

BRACELET MAKING

10:30am-12:30pm
Library Sidewalk

THURS.
NOV 7

PROGRESSIVE MUSCLE RELAXATION

Information about the coping skill will be available
online @cerritosstudenthealth on Instagram.



Student Health
Services

If disability accommodations (e.g., communications access, alternate formats) are needed to participate fully in these events, please contact accommodationsrequest@cerritos.edu within seven school days in advance.