

SWOTVac = Wellness Week

During periods of intense study, it is important you allow yourself rest time. Research shows that taking purposeful breaks (anywhere from 5–60 minutes) from studying will refresh your brain and increase your energy, productivity, and ability to focus. We have planned a wellness activity here at Jane each day of SWOTVac to give you an excuse to take a break and recharge yourself.

Monday



THE DOGS ARE COMING

10:30am | Aldridge Lawns

Just playing with a dog has been shown to raise levels of the feel-good brain chemicals oxytocin and dopamine, creating positive feelings and bonding for both the person and the dog. Take a study break for cuddles, licks, walkies, pats and more.

Tuesday



MINI MESSAGES

By appointment only | 10:30am-1:30pm | Office

Who doesn't love a calming, destressing shoulder and neck massage. It's even better when it's done by a professional masseuse. Give those stressed shoulders a treat and sign up for a free 5 minute massage. Limited to 60 places only.

Wednesday



GROUP WALK

11:00am | Meet on Asten Lawns

Exercise. No matter how vigorous or gentle, it's a the circuit breaker your body needs to reset, recharge and prepare for the next block of study. Leaving your room to get natural light is imperative to help regulate your body's circadian rhythm and therefore improve your sleep.

Thursday



YOGA

10:30-11:30am | Franny P

As a form of low-impact exercise, yoga has been shown to lower stress hormones in our bodies while simultaneously increasing beneficial brain chemicals like endorphins and GABA (gamma-aminobutyric acid). These feel-good chemicals help decrease anxiety and improve mood.

Friday



POLAR PLUNGE

11:30am | Asten BBQ Area

Immersing your body in cold water is proven to reduce stress, improve mental health (the cold is like a jolt of electricity for the brain which can trigger happy hormones), boosts the immune system, good for circulation and energy levels, and can even improve sleep. Invigorate yourself before exams and warm up with a hot chocolate afterwards by the heater.