



SRJC PEERS COALITION PRESENTS

STRESS LESS PLAY MORE

A De-Stress Event

We understand how stressful this time in the semester can be. Join us for some fun, games, and free food to relax before the stress of finals kicks in. We're here to help!

Tuesday May 9th, 11-1 PM
Petaluma Campus Quad
Thursday May 11th, 11-1 PM
Santa Rosa Campus Quad



SRJC STUDENT
HEALTH SERVICES

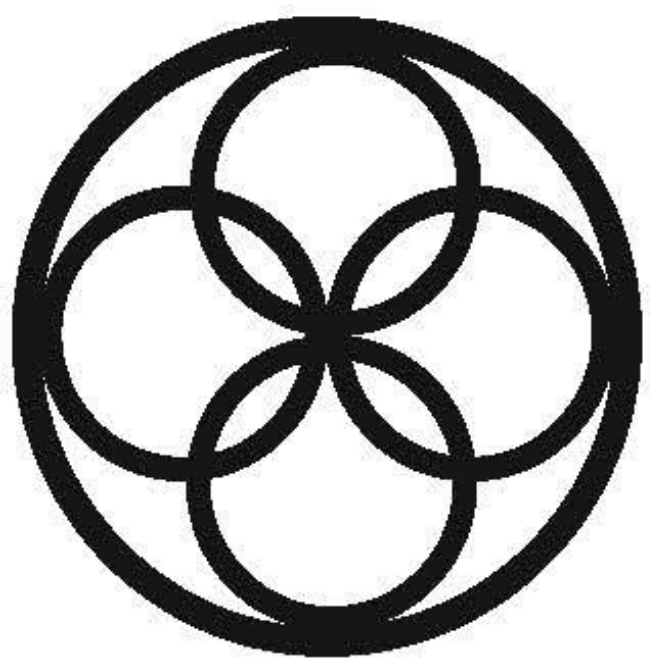


SANTA ROSA
JUNIOR COLLEGE

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If you need accomodation for any Student Health Services events or workshops please call: 524-1595

SRJC STUDENT HEALTH SERVICES



Your Success in College Depends on Good Health

Health Benefits of Playtime:

Relieve stress. Play is fun and can trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Improve brain function. Playing chess, completing puzzles, or pursuing other fun activities that challenge the brain can help prevent memory problems and improve brain function. The social interaction of playing with family and friends can also help ward off stress and depression.

Stimulate the mind and boost creativity. Young children often learn best when they are playing—and that principle applies to adults, as well. You'll learn a new task better when it's fun and you're in a relaxed and playful mood. Play can also stimulate your imagination, helping you adapt and problem solve.

Improve relationships and your connection to others. Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others. Developing a playful nature can help you loosen up in stressful situations, break the ice with strangers, make new friends, and form new business relationships.

Keep you feeling young and energetic. Playing can boost your energy and vitality and even improve your resistance to disease, helping you feel your best.
you feel your best.

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