Office of Diversity & Inclusion

Studies show that performing acts of kindness can reduce anxiety, lower blood pressure, and increase overall reports of happiness. It's good for you—and others!

**WELLNESS ACTIVITIES YOU CAN DO RIGHT NOW AT THE VBEC**

**Take a Walk**
Did you know that 5.5 laps inside the VBEC Courtyard equal one mile (0.18 miles per lap)? So, take a break and find a friend to join you for a stroll!

**Act of Kindness**
Studies show that performing acts of kindness can reduce anxiety, lower blood pressure, and increase overall reports of happiness. It's good for you—and others!

**Eat Healthy**
Why not skip the fries and go for one of the healthy snacks offered at the VetMed Café?

**Wellness Cart**
DVM Students: Grab something from the Wellness Cart in the Grasshopper Room and work off some stress between classes!

**Quiet Reflection**
Taking five minutes during the day to meditate, center, or pray can reduce your stress level. For a quiet place, try the VBEC Gallery (VENI 114).