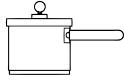


# HA's Tips for Relaxing

## Cooking



My favorite way to unwind during stressful times is to cook. Not only do you get to take your mind off of things, at the end you have something that you can share with others. It is important to choose recipes that are quick, easy, and can be used for more than just one meal so that you can focus on studying when you need to.

This Lentil Salad Recipe is notch and get's better the next day. The trick is to massage the kale. Not only is it a great way to release all your anger and frustration, it breaks down the fibers and makes the leafy green more palatable.

I am also a firm believer in dessert! Go pick up some of your favorite ice cream and make my grandmother's quick hot fudge recipe! The sticky, gooey, and warm fudge makes it feel like a special occasion, perfect for that post-mid-term celebration!

- Brendan Connolly, CEO

## Walking

A quick walk around campus without headphones allows you to destress as well as absorb the sights and sounds of Michigan State University!

- Rachel Powel COO



## Streaming Service

My suggestion is to download the peacock app! It's NBC's streaming service and it's completely free and has all the Harry Potter movies for the month of October!

- Jordan Kelley Director of Marketing



## Plan Your Week



I know first hand that managing all the assignments and the various due dates can be overwhelming and stressful. To counteract this, take about 20 minutes at the beginning of each week and develop a flexible plan for when you are going to watch those lecture videos, write that paper or complete those assignments.

Be sure to build in time to step away from the computer and step into nature. Getting fresh air and taking your eyes off the computer screen is one of the most important ways to combat the strain online classes place on your eyes and body.

Zachary Crawford Director of Communications