

TAKE A BREAK IN THE VIRTUAL RELAXATION ROOM



IF YOU'RE FEELING

TRY THIS VIRTUAL ACTIVITY

UNFOCUSED



TAKE A DEEP BREATH



BURRIED IN
TASKS



BRAIN DUMP



STRESSED



WALK THROUGH NATURE



OVERWHELMED



INTERACTIVE ART



TENSE IN YOUR
BODY



MUSCLE RELAXATION



LIKE YOU NEED A
BREAK



WATCH A FUN VIDEO
OR PLAY A GAME

