THIS WEEK'S NOOK ACTIVITY IS HERE

Coloring at Carleton!

STOP BY THE NOOK TABLE AT OHP FOR COLORING SHEETS TO RELIEVE YOUR STRESS!
Why color?

STUDIES FIND THAT STRUCTURED COLORING REDUCES PERCEIVED STRESS, NEGATIVE MENTAL STATES, AND CAN RELIEVE ANXIETY.

Daily coloring is a simple and effective self-care activity!


Connect with OHP!

Social Media

@carletonswas

Carleton SWAs

Carleton College Office of Health Promotion

Sign up for our Newsletter

Scan this QR code to sign up for our weekly SWA newsletter, providing OHP updates and information about activities offered by our office!