Check out The Student Wellness Hub's highlighted resources to support your well-being in April. Click on underlined programming to register!

**Exam Wellness Programming**

**April 2022**

**Week 1**
**April 1 - 7**
Peer Support & Exam Preparation
- Managing Stress In Uncertain Times
- Skills for Managing Exam Anxiety
- Exam Care Package Handout @ Mac

**Week 2**
**April 8 - 14**
Managing Anxiety & Finishing Strong
- Skills for Strategic Procrastination
- Compassion Fatigue
- Study Break & Exam Care Package Handout
- Study snacks with a Dietitian

**Week 3**
**April 15 - 21**
Stress Management & Mindfulness
- Managing Test Anxiety On-Demand
- Meditation Audio On-Demand

**Week 4**
**April 22 - 29**
Self Compassion & Celebration
- Planting Seeds for Growth Give-Away
- Safer Partying Workshop

**Weekly Offerings**
- Animal Therapy in the Healthy Living Annex
- Art Hive in the Healthy Living Annex
- Grad Breakfast Club
- Healthier McGill Service Showcase on Insta
- Peer Support in the Healthy Living Annex M-F

**Focused Programming**
- Master's & PhD Support Groups
- Queer & Trans-Identified Parents: A Conversation
- Art Hive for 2S & LGBTQIA+ Communities & Allies