As we inch closer to the mid-point of the semester, feelings of stress and anxiety often increase around this time. That is why we are taking this opportunity to remind everyone to prioritize your own self-care!

This semester, OISS is putting together weekly wellness activities that you can do in your own time and at your own pace. Check out the event's we've compiled so far and remember that taking care of your mental health and wellness is key to your overall success!

- [How To Start a Gratitude Journal & Why You Should](https://oiss.yale.edu/news/reminder-prioritize-time-for-self-care)[1]
- [DIY Affirmations Jar](https://oiss.yale.edu/news/reminder-prioritize-time-for-self-care)[3]
- [30 Day Happiness Challenge](https://oiss.yale.edu/news/reminder-prioritize-time-for-self-care)[5]
- [1 Week of Mindful Coloring](https://oiss.yale.edu/news/reminder-prioritize-time-for-self-care)[6]