DECEMBER 2026

12 DAYS OF STRESS MANAGEMENT

Healthy Workplace

Carleton University

SUN	MON	TUE	WED	THU	FRI	SAT
		1 **Coffee & Crafts** 12:30pm - 2:30pm Tory Building Room 506	2 **Meditation** 12:00pm - 1:00pm MacOdrum Library Room 482	3 **CUAG: Fall Exhibition Tour** 12:00pm - 1:00pm St. Patrick's Building	4 **Yoga** 12:10pm - 12:50pm MacOdrum Library Room 482	5 **15 Minutes Stetch Routine** Downloadable Handout
6 **How To: Create a Stress Journal** Downloadable Handout	7 **Emotional Intelligence Workshop** 1:00pm - 4:00pm Microsoft Teams	8 **Coffee & Crafts** 12:30pm - 2:30pm Tory Building Room 506	**9** **Meditation** 12:00pm - 1:00pm MacOdrum Library Room 482	10 **Meditative Marbling** Book Arts Lab & **Stretch and Mobility** MacOdrum Library	11 **Yoga** 12:10pm - 12:50pm MacOdrum Library Room 482	12 **Calming & Uplifting Playlists** Spotify
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		











