The Miniature Horses Are Coming Back!

By Agnes Gonzalez, M.S.

Do you remember the end of the spring semester when we had some cute miniature horses on campus brightening up the day right before finals? Well this time, you do not need to wait until the end of the semester. They will be back shortly … on Wednesday, October 28th.

So you will be able to have some new memorable and relaxing moments with these lovely animals in no time. And this is just the beginning… The Counseling Center has prepared another great scavenger hunt for you.

We know that you have been juggling quite a few things for quite a few weeks now and surely you can enjoy a little break so that you can gain more energy for the rest of the semester.

The main goal of this event is twofold. First of all, we would like to provide a stress relieving experience for you in the midst of this busy semester. But beyond that, we also would like to share mental, emotional, physical, and social wellbeing tips that you can implement long term.

During the event, as you go through the different stations of the scavenger hunt revealed by the clues, you will get to enjoy some fun and relaxing activities, and even take away some handy reminders so you can recreate your favorite stress management moments whenever you need them.

You can be part of this special experience any time from 11a.m. to 2 p.m. on the day of the event. Your classes may take you to different parts of the campus that day, but chances are … you will run into one of the stations of our scavenger hunt.

Once you found one station, the rest follows naturally. You can get the list of clues, find the other stations, collect the reminder cards, and you can even get a T-shirt at the end on top of all the fun. Oh, not to mention some snacks along the way.

As you see, this is just the experience you need, engaging all your senses. Miniatures horses to pet, snacks to savor, different scenery to explore around campus, fresh air to enjoy, and plenty of chat and laughter in between. These strong positive memories can serve as your inner resource in times of distress.

We encourage you to take advantage of this opportunity and allow yourself some time to be in the moment and put down your long to-do list just for a little while so you can be more energized and focused afterward. We definitely hope to see you at the fall edition of our DeStress Fest.