The StressLess Room at CDSW was developed as an alternative for students who are looking for a way to manage their stress without needing to meet with a mental health practitioner.

Services included:

> Massage chair
> Biofeedback program that shows your emotional state
> Light box to lessen depressive symptoms related to dark winter months
> Buddha board to encourage being in the present moment and learning how to let go of stress

No limits on the number of times you utilize the space!

Monday - Friday
9:00 AM - 4:00 PM
Stop by 204 Norwood to schedule your 30-minute session.

573-341-4211
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