



Welcome back to campus! KON wishes you good luck on your academic journey this semester. We know how stressful the start of a new semester can be, so we're including some **self-care tips** that you can use to de-stress during the next few months.

- ★ Make time to exercise! Whether it's a workout class or simply taking a short walk to connect with nature, you'll be sure to feel better.
- ★ Take a social media detox: Taking a few days (even hours) logged off of social media will clear your mind and allow you to focus on the present.
- ★ Spend time with friends. Taking breaks from studying by spending time with friends is always a good idea.
- ★ Meditation: Using the Calm app or searching for meditation guides on Youtube can be helpful and rejuvenating.
- ★ Baking! Baking is a great way to de-stress and treat yourself.

Some upcoming events to look out for...

- ★ Mark your calendars! Our first meeting is on March 1st. We are so excited to meet with you all. We will discuss spring events and our spring service project!!
- ★ Keep an eye out for March's email. It will contain a date and details for our Spring Service Project! Our spring service project date is 3/19- hold the date!

As always, feel free to email any of the board members with any questions or concerns. We hope these tips will help you get a positive start to your semester!

Best Wishes,
KON Board

Annette Pic , Holly Abrams , Paula Yoela Salvador , and Olivia Baldacci