DeStress Week at CEU
November 11-15

**Stress Free Zone**, all week 12:00 noon-2:00 p.m. in the Octagon:

- wear a "good-mood indicator" sticker
- Post your wishes and dreams on a notice board
- “Throw your troubles away”- get rid of your problems by ‘throwing’ them into a trashcan
- Lunch time film screening: Chaplin, Mr. Bean, Stan and Pan
- Game zone: play card games, do crossword puzzles, Rubic cubes, Twister, chi kung balls. Stop by for a game before or after lunch!
  - Free chair massage
  - Play table football (‘csocsó’) with your friends
- Healthy habits: What causes stress? Stress Calculator, Easy steps to reduce stress and anxiety
  - Yoga, Pilates, Tai Chi presented by World Class

**Library’s special ‘destress’ offer all week long**

Books and articles on stress management, comedies on DVD, humorous books, a place to try guided meditation in the Multimedia Library, recommendations for online resources.

**November 11, Monday:**

**Stress management workshop with Berne Weiss**

Stress is inevitable: sometimes useful, sometimes dysfunctional and harmful. The workshop is about reducing dys-stress. Our counselors will do a brief overview, and then compare notes on stressors and share coping mechanisms. They will be addressing dys-stress in their own way which is certainly not going to be one more presentation on the top of all.

Where: Nador 11 Building TIGY room between 6:00 p.m and 8:00 p.m.

Please register at weissb@ceu.hu by November 7. Registration is done on a first come first serve basis.
**Choco Chat Monday with the Student Union**

Come and chat with the Student Union members, staff and faculty and cheer yourself up with lots of chocolate, candy, and sweets.

Where: in the Octagon between 5:15 p.m. and 6:00 p.m.

**Film screening: "Chocolate"**

A romantic film starring Juliette Binoche, Judi Dench and Johnny Depp.

Where: MB, Gellner from 6:00 p.m.

**November 12, Tuesday:**

**Wine-tasting**

Join us for an event to sample wines from Szekszard - one of the oldest red-wine growing region. Come and experience the taste of rosés and spicy reds.

Where: Basement Lounge, from 6 p.m.

Participation fee: 1 000 HUF

Registration and payment: personally at the Student Life Office on a first come first serve basis.

**Invisible Theater- Encounters**

Since our birth, we are surrounded and influenced by objects, people, sensations. We continuously touch and are being touched. But are we ready to listen to what these encounters carry? Are we ready to hear the messages that come from objects, sensations, people?

The performance "Encounters" tries to lead to a touching answer to these questions through the "spectator's" own four(five) senses - sight excluded since he/she is blindfolded and led through more or less everyday situations with the help of the so-called "ferrymen". The genre combines theater, drama and play, and even more than that. After the performance all the participants share and discuss what they went through in the "Silent Room", to ensure processing the whole experience.

If you wish to participate, please sign up by writing an email to cac@ceu.hu.

Where: Nador 13 Building, Room #002 from 6:00 p.m.
November 13, Wednesday:

**Meditation by Branislav Kovacevic**

The workshop is designed to teach participants a set of simple, yet powerful practices that can be incorporated into daily life to break the cycle of anxiety, stress, unhappiness and exhaustion. It is based on mindfulness-based stress reduction (MBSR) program, developed by Jon Kabat-Zinn. The aim of the course is to enhance awareness, so students are able to respond to things instead of reacting to them.

Where: Nador 13, Board Room between 5:30 p.m. and 6:30 p.m.
Please register at kovacev@ceu.hu.

**Jazz concert**

Live music from the Snetberger Music Center's Jazz Quartet

Where: Nador 13 Lobby between 8:00 p.m. and 8:40 p.m.

November 14, Thursday:

**Stress management workshop with Vera Varady**

Stress is inevitable: sometimes useful, sometimes dysfunctional and harmful. The workshop is about reducing dys-stress. Our counselors will do a brief overview, and then compare notes on stressors and share coping mechanisms. They will be addressing dys-stress in their own way which is certainly not going to be one more presentation on the top of all.

Where: Nador 13 Building #002 between 2:00 p.m and 4:00 p.m.
Please register at varadyv@ceu.hu by November 12. Registration is done on a first come first serve basis.

**Yoga**

During this special class there will be more emphasis on breathing, stretching and relaxation. Mats are provided. Registration for the class is not required but please check in at the reception on the second floor.

Where: CEU Sports Center between 6:30 p.m. and 8:00 p.m.
November 15, Friday:

**Philanthropy Day**
Feeling Hungry? Love Hungary? Take a break with some cake! Rarely has philanthropy tasted so sweet! Proceeds go to local philanthropy causes and student scholarships!

The only thing better than relaxing with homemade treats is knowing that you are supporting important causes at the same time.

Brought to you by Alumni Scholarship Students in collaboration with the CEU Alumni Office.

Where: In the Octagon from 10:00 a.m. to 4:00 p.m.

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**We ♥ Budapest**

*Because we care, we unite to share!*

CEU Alumni Scholarship Students host an evening of entertainment and philanthropy. We will have jam sessions, poetry readings and a chance to learn how we can take better care of the city we love. Open mic will be available so bring along a performance that you contribute to this great city and evening of fun!

Where: Nador 13 Building #002 between 6:00 p.m. and 8:30 p.m.