

DESTRESS

Fest!

SPRING 2026

TAKE TIME TO TAKE CARE OF YOURSELF!

| Monday, April 20 | Tuesday, April 21 | Wednesday, April 22 | Thursday, April 23 | Friday, April 24 |
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| <p>Photo Safari Challenge Begins!</p> <p>Free 10-minute Chair Massages Alber Student Center Lounge 12 - 2 p.m.</p> <p>Question of the Day Outside of Alber Student Center 12 - 1 p.m.</p> | <p>Relaxation Station Alber Student Center Lounge 10 a.m. - 12 p.m.</p> <p>Dirty Soda Bar Alber Student Center 12:30 - 1:30 p.m.</p> <p>Dodgeball Greg Sweptson Gym 12:30 - 1:30 p.m.</p> | <p>Grab & Go Healthy Breakfast Science & Engineering 9 - 11 a.m.</p> <p>Special T Food Truck Alber Student Center - near employee parking lot 11 a.m. - 3 p.m.</p> <p>Photo Safari Challenge Final Check-In 12:30 - 1:30 p.m.</p> <p>Almost Summer Bash! - Hamster Balls, Capture the Flag, Dodgeball, Volleyball, Snacks, & more! Alber Student Center 7 - 10 p.m.</p> | <p>Words of Wisdom Wall Bryson Hall Student Lounge & HTC Lobby 10 a.m. - 4 p.m.</p> <p>National Picnic Day! Annual Picnic and Yard Games Bryson Hall Student Lounge/Patio (yard games weather permitting) 11 a.m. - 2 p.m.</p> <p>Pie in the Face! & Boba Tea Bar Alber Student Center 12:30 - 1:30 p.m.</p> | <p>DIY Den: Make and Take Crafts and Art Alber Student Center, Room, 102 12:30 - 1:30 p.m.</p>  |
| Monday, April 27 | Tuesday, April 28 | Wednesday, April 29 | Thursday, April 30 | Friday, May 1 |
| <p>MTC Finals Week Essentials Kits Bryson Hall & HTC Lobbies (while supplies last) 9 a.m. - 5 p.m.</p> <p>Movie Monday & Popcorn Bar Bryson Hall Student Lounge 11 a.m. - 5 p.m.</p> | <p>Ohio State Marion Reading Day</p> <p>MTC Finals Week Essentials Kits Bryson Hall & HTC Lobbies (while supplies last) 9 a.m. - 5 p.m.</p> <p>Crafty DeStress Day - Rock Painting, Coloring, Origami, Flower Kits, and more! Bryson Hall Student Lounge 12 - 5 p.m.</p> | <p>Ohio State Marion Finals Begin! Visit the Alber Student Center to play games, workout, craft . . .</p> <p>Grab & Go Healthy Breakfast Bryson Hall & HTC Lobbies 9 - 11 a.m.</p> <p>Virtual Body Double Study Lounge (check email for the link!) 7 - 8 p.m.</p> | <p>National Boba Tea Day! AND National Oatmeal Cookie Day!</p> <p>Boba Tea Bar & Oatmeal Creme Pies Bryson Hall and HTC Lobbies 10 a.m. - 2 p.m.</p> |  |
| Monday, May 4 | Tuesday, May 5 | Wednesday, May 6 | Thursday, May 7 | Friday, May 8 |
| <p>MTC Finals Week</p> <p>Star Wars Day Yoda Soda and Fruit Refresher Bar Bryson Hall Lobby 10 a.m. - 2 p.m.</p> <p>Trail Mix Bar Bryson Hall Lobby 11 a.m. - 5:30 p.m.</p> | <p>Ohio State Marion Finals End</p> <p>Taco Tuesday! Cinco de Mayo Party Bryson Hall Student Lounge 11 a.m. - 2 p.m.</p> | <p>DIY Stress Balls & Sensory Bottles Bryson Hall Lounge 11 a.m. - 3 p.m.</p> <p>Virtual Body Double Study Lounge (check email for the link!) 7 - 8 p.m.</p> | <p>Summer Kickoff Ice Cream Social Bryson Hall Lounge 11 a.m. - 2 p.m.</p> | <p>MTC Finals End</p>  |

EVENTS SPONSORED BY:

Ohio State Marion Office of Student Life,
MTC Student Success and Engagement, & the Counseling & Wellness Center



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