# Outdoor Stress Relief

We begin our clinical year during summer, and students are really feeling the stress about 2-3 weeks into the semester. To help break the stress and create community, we provide popsicles and ice cream sandwiches for students outside with a basket of water balloons and some sidewalk chalk. Students can draw the source of their stress (usually something from A&P😊) and throw water balloons at it. When surveyed about wellness activities, this one always rates high on the list.

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