



## Stress Less Week (Wk 10)

### **Stress Less Week (Wk 10)**

3 Oct 2017 to 5 Oct 2017



Stress Less Week is an **Arc**-run initiative to help you manage the stress coming your way.

With a 3 day festival during WK 10, there's plenty of good vibes to go around!

We understand that end of semester is a tough time whether you have group assignments, exams or essays (or even all three), so let us help you with events that will make you Smile More, Get Active and Treat Yo' Self.

#### **Find out more**

See also: **Exams with less stress**, **Mind Smart**

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<https://student.unsw.edu.au/stress-less-week>