STRESS REDUCTION

HEALTHY SALUKIS

THE DAWG LOUNGE

STRESS(LESS) LAB

To de-stress, stop in the Dawg Lounge Stress(less) Lab located near the south entrance to the Student Health Center. The Dawg Lounge is equipped with a massage chair, a computer with various audios including nature sounds, soothing music, guided imagery, meditation, and progressive muscle relaxation, biofeedback, and additional tips and tools to help you manage your stress.

The Dawg Lounge is FREE to SIU students and there is no need to make an appointment!