

Relaxation Room Guidelines

The Center for Health and Wellness Innovation located in Eastman Hall offers two private relaxation rooms on the 3rd floor that are available to all SCSU students, faculty and staff during regularly scheduled business hours of 8-4:30.

The relaxation rooms are designed for single occupancy, to practice stress reduction and care for your emotional health in the course of a busy day. Examples of uses include basic calming through mindfulness, relaxation exercises, prayer, or meditation. Counseling and Psychological Services has the following items available for checkout for use in these rooms: weighted blankets and full spectrum lights.

1. Rooms are available to individuals for a maximum of one 30-minute increment per day.
 - a. For students using the rooms to take care of their wellness through a telehealth appointment with a mental health provider, two 30-minute increments can be scheduled together per day.
2. The relaxation rooms are provided for individuals wishing to engage in quiet reflection and are not intended to be used as a study space, meeting room, for phone calls, or sleeping. Individuals using it for these purposes may be asked to move to another location.
3. We ask that you keep any audible media such as meditation cues, relaxation instructions, or music, at the lowest possible level, if you are not using headphones, as a courtesy to those nearby.
4. No organized or scheduled reoccurring events are permitted.
5. Food and beverages are discouraged.
6. Candles, burning oils, incense or any other flammable items are not permitted.
7. Please do not remove anything from the room.
8. Please leave the room in the same condition as it was prior to use.
9. The use of these relaxation rooms is contingent on you adhering to these guidelines and general social etiquette.
10. Please inform the office support staff of any concerns you might have about the condition or use of these rooms.

We have one room reservable through the EMS system on campus. The other room is available on a first come first serve basis.

To use a relaxation room just stop by the CAPS or Medical Clinic office in Eastman Hall, give us your ID and we will give you a timer and key to one of the rooms. Please lock the door once you are in the room and lock it again when you leave.