

## Relaxation room offers an oasis from stress

**Alex Quintana | Staff Writer | Posted: Monday, October 11, 2010 10:30 am**

Feeling stressed out? The New Mexico State University Wellness, Alcohol and Violence Education Program offers a chance for students to chill out in a relaxation room located in Garcia Hall, room 2412F.

The relaxation room is free for students and staff and is open from 5 to 9 p.m. Monday through Thursday. The relaxation room is sponsored by the Counseling Center and is staffed by members of WAVE.

Students can go in and relax on a Shiatsu chair for a massage. Assistant coordinator of WAVE, John Rivers, said there are two machines in the room to help with focus, relaxation and breathing.

"We also have a small library of books dealing with relaxation too," Rivers said.

The relaxation room is located in La Vista Learning Center on the second floor of Garcia Hall. While there is no definite time limit for students to enjoy its services, Rivers said if there are other students waiting they will have a cut-off time of 60 minutes so others can enjoy it too.

Debra Darmata, coordinator for WAVE, said the relaxation room has been open for two years and at times there can be as many as 10-15 students an evening.

According to the Counseling Center website, the relaxation room has multiple methods to ease stress: audio stress relief and blood pressure instructions, a relaxing sound machine and self-help programs that advise students in dealing with and managing anxiety.

To learn more about services offered, visit the relaxation room website.