

# Chill Out and Wellness Fair

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Staff Writer

Thursday Nov. 6, The Center for Vocational Reflection will host its eighth annual Chill Out and Wellness Fair, focusing this year on "Healthy Lifestyles, Healthy Relationships." The event will take place from 10:30 a.m. to 3:30 p.m. in the Banquet Rooms of the C. Charles Jackson Campus Center. It will feature student organizations and community resources that help students focus on relaxation.

"Nov. 6 comes ... around midterms, and that's the time of the year when everyone starts to

get stressed out, and everyone needs a chance to relax," said Sophomore Political Science Major Rachel Schmitt, who is serving as a student intern at The Center for Vocational Reflection.

To help students relax, the event will offer free food, live music, chiropractors, free massages and more. Door prizes will be offered, with a grand prize of a free snowboard.

The event will also serve as a forum for student groups and community organizations that help students relax and stay healthy.

Schmitt mentioned that the Peer Assistants along with other wellness organizations from both

on and off campus will be at the event.

"[We want] students [to be able to] take advantage of all of the resources that are out there, especially when it comes to stress management, healthy decision-making and just relaxing in general," said Schmitt.

The Center for Vocational Reflection (the sponsor of the fair) works with the campus community to help people discern their calling.

"It's really tough to figure out who you are called to be when you are really stressed out. So, you need to be able to take some time to figure out what is important to you [and] what you value.

... You are here for a purpose, and it's your job here at Gustavus to figure out what that purpose is," said Amy Pehrson, assistant director of the Center for Vocational Reflection.

"We encourage reflecting deeply, asking the big questions [and] thinking about your life in a broad sense versus day-to-day," said Schmitt.

Pehrson also emphasized that it is important to figure out who the world needs you to be, not just what you enjoy doing.

In addition to holding awareness events throughout the year, offering resources for the campus community, collaborating with other organizations and

facilitating faculty development, the center also often works with students returning from study abroad trips.

"[We] help people who are returning ... from study abroad to kind of process what that experience has meant to them," said Chris Johnson, director of the Center for Vocational Reflection.

The Center for Vocational Reflection encourages students to come to their office—located on the second level of the Johnson Student Union—to visit their resource center, to learn about more upcoming events or just to talk.