Submit a blog post telling us your guaranteed way of winding down and relaxing during your winter break, keeping your wellness in check, and bringing balance to your life as a UVIC student!

**What We Want From You:**

- 750 maximum word count
- Must be submitted on, or before January 11th
- Must include one image
- Must include the use of one UVIC resource

**Requirements:**

- Check out:
  - The UVIC Student Mental Health Blog
  - UVIC Student Mental Health Facebook page

**How To Submit:**

- Must be submitted on, or before January 11th
- Submit as a word document
- Submit to: oslwork@uvic.ca

**Stay Tuned:**

- Winners will be announced Friday, January 18th!
- Good luck!

**Have Any Questions?**

Phone: 250-472-5617
Email: oslwork@uvic.ca
Website: https://www.uvic.ca/services/studentlife/initiatives/contact/index.php

**What's In It For You?**

- 1st place: $250 Award
- 2nd place: $100 Award
- 3rd place: $50 Award
- ALL three writers will be featured on the UVIC Student Mental Health Blog
- A fantastic addition to a resume