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:**

- Maximum word count: 750 maximum word count
- Must be submitted on, or before January 25th
- Must include one image
- Must include the use of one UVIC resource

**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

**FOR INSPIRATION:**

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

**REQUIREMENTS:**

- Must be submitted on, or before January 25th
- Submit as a word document
- Submit to: oslwork@uvic.ca

**HAVE ANY QUESTIONS?**

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

**STAY TUNED:**

- Winners will be announced Friday, February 1st!
- Good luck!