

## **Holiday Hints from Tulane Campus Health**

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In part two of our Holiday Hints video series, [\[click here for part one\]](#) we turn to Tulane University [Campus Health](#) for advice on de-stressing during winter break.

The relief of having completed final exams is a great start, but catching up with family after being away for awhile can be an overwhelming task.

Among the instructions for de-stressing provided in this video are catching up on sleep, spending time with pets and taking to the great outdoors.

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