Peaceful Places for UB Students

If you are feeling anxious, upset, insecure or overwhelmed, you can find your own peaceful place by limiting the disruptions around you, turning off technology, closing your eyes and focusing on your breathing. **You can go to this peaceful place in your mind wherever and whenever you need to.**

In addition to this, sometimes it helps to getaway to a destination that calms you. These are places UB students go to take a break, meditate, enjoy nature and reinvigorate when they are feeling stressed. **Everyone has different environments that help them to relax. Find one that calls to you and try it out!**

**On or near UB north campus**
- Relaxation Suite in the Wellness office, 114 Student Union
- Fountain in The Commons
- Sitting on back steps of South Lake Village facing Lake La Salle
- Kanazawa Island (next to the west side of Ellicott Complex facing the intersection of Frontier Rd and Audubon Pkwy)
- Listening to a classical music performance in Slee Hall
- UB Art Gallery in the Center for the Arts
- Baird Point pillars
- UB Bike path (there are memorials and inspirational sites along the way)
- Walking path behind the Tim Hortons on Sweet Home Rd

**On or near UB south campus**
- Relaxation room in the Wellness office, 3rd floor of Michael Hall (ask a staff member for assistance)
- Courtyard near Harriman Hall and the Health Science Library
- Clock tower at Hayes Hall
- View of the city from Goodyear X (10th floor)
- UB Anderson Art Gallery
While you are at these places, here are some simple techniques to enhance your relaxation experience:

- Close your eyes and take a minute to notice your breathing.
- Begin to breathe in and out slowly and deeply.
- Be aware of your body, your emotions, and what is happening in the moment.
- Focus on one sensation at a time, e.g. the sound of running water, scent of the trees, colors you see, etc.
- Notice what is going on around you, but do not focus on any particular thought.

Buffalo

- Japanese Gardens at the Buffalo History Museum
- Delaware Park-Hoyt Lake, rose garden and walking paths
- Walking through the Buffalo Zoo (Rainforest Exhibit offers a tropical experience during winter months)
- Erie Basin Marina Gardens with riverfront walkway
- Forest Lawn Cemetery
- Buffalo and Erie County Botanical Gardens
- Window shopping on Elmwood Avenue between Forest Ave and North Ave
- Canalside on Buffalo River (with more than 750 events annually)

Western New York

- Glen Falls Park off of Main Street in Williamsville
- Middle Falls at Letchworth State Park
- Eternal Flame Falls and hiking in Chestnut Ridge Park near Orchard Park
- Devils Hole State Park near Niagara Falls
- Niagara Falls (Cave of the Winds, Maid of the Mist and more!)
- Artpark in Lewiston with hiking trails, outdoor concerts on the gorge and art gallery
- Butterfly Conservatory in Niagara Falls, Ontario

Note: If you don’t have time to go explore these places, you can make your own room or other space a “peaceful place” by changing colors, textures, and the placement of objects around you. This is the ancient technique of Feng Shui and it can help to create positive energy. This site [http://greatist.com/happiness/ultimate-beginners-guide-feng-shui](http://greatist.com/happiness/ultimate-beginners-guide-feng-shui) lists step-by-step suggestions on how to Feng Shui a dorm room.