Relaxation on campus

It all depends around how you relax, really. Relaxing around campus is a good way to beat the stress and help you unwind. There are many ways to relax around campus.

Some of these ways are to go and watch some of the musical performances that happen around campus very often every semester, since UNT is an acclaimed music school. The calming influence of music can never be underestimated. A full list of all performances can be found here: <http://calendar.unt.edu/event-calendar/Music/>

If you relax playing sports or working out, UNT provides for a variety of recreational activities in that regard. The Pohl Recreation Center is open for students every day of the week (bar some holidays) at certain timings which students who are registered at UNT can use free of cost. The Physical Education Building and Waranch Tennis Complex are other facilities UNT students can use.

Other ways students can relax is by just walking around campus outside peak hours and taking in the beauty of UNT. The campus is 875 acres, so you won’t run out of campus to explore soon. Or you can take a bus to Discovery Park and take in the beauty of that part of our campus.

Denton is a beautiful town and a lot can be done to relax here. There’s always the Square/Downtown Denton, with its plethora of unique shops like Atomic Candy, which is a perfect stress-buster. Or enjoy Beth Marie’s Old Fashioned Ice Cream, which is a legendary Denton eatery. Or just relax outside the Courthouse, which is Denton’s most famous landmark, other than UNT.

If eating is how you destress, the aforementioned Beth Marie’s is one of the best places to eat at. There are other legendary eateries around Denton, like Rooster’s Roadhouse and many more. If you want to eat on campus, there are many cafeterias open all week round, most times of the day. Visit these for wholesome, nutritious meals at convenient times.