Welcome back to campus!

January is a time when many people stress about resolutions and the “new year, new me” mentality. This year, take a new, more sustainable approach by creating a plan. First start with a goal that will improve your lifestyle. Avoid goals that cause stress or anxiety. Once you have decided on one or two goals develop action steps to help you achieve those goals.

For example...
GOAL: Increase physical activity
Action: Each week schedule time for the gym or register for classes on campus
Action: Pack gym clothes, sneakers and a water bottle the night before

Here is another example....
GOAL: Decrease stress
Action: Take 5-10 minutes each day to meditate or take a walk without your phone
Action: Sign up for a meditation or yoga class at the Wellness Center

Having goals with a plan is a great way to commit to a more balanced lifestyle and improve your overall health during the semester.

Resources on Campus

- Campus Recreation
- McLeod Tyler Wellness Center
- Counseling Center
- Student Health Center
- Dean of Students office
- Bike Alliance
- Career Center
- Community Engagement
- Campus Dietitian

Join Stephanie, the campus dietitian & the Campus Executive Chefs for a monthly cooking demo series beginning in February

Dates and times are available on the Wellness Center Class

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