

IOWA

Student Wellness

Prioritizing Your Wellness in College

Orientation Webinar

June 1, 2023

Overview

- *Learn about many of the resources Student Wellness offers to support student success. For parents and students, it's an opportunity to reflect on how you prioritize your well-being and develop strategies that promote healthy behaviors.*



What is Wellness?

Multiple Dimensions of Wellness and Well-Being

- More than physical health
- Holistic and interconnected
- You can increase your awareness and commitment to your wellness



Well-Being

Well-being at the University of Iowa is a process focused on life-long learning that promotes and sustains **optimal health, personal connectedness, meaningful experiences, and a purposeful life.**



**What are the benefits of
prioritizing your wellness?**

Wellness Benefits

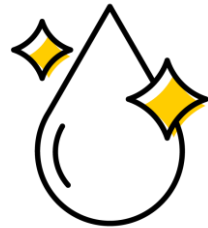
- Feel better
- More energy, more focus, more productive
- Reduce risks and negative behaviors
- Better able to manage stress and challenges, more resilient
- More connected to others



How do you prioritize your wellness?

General Health Tips

Drink Water



Move your Body



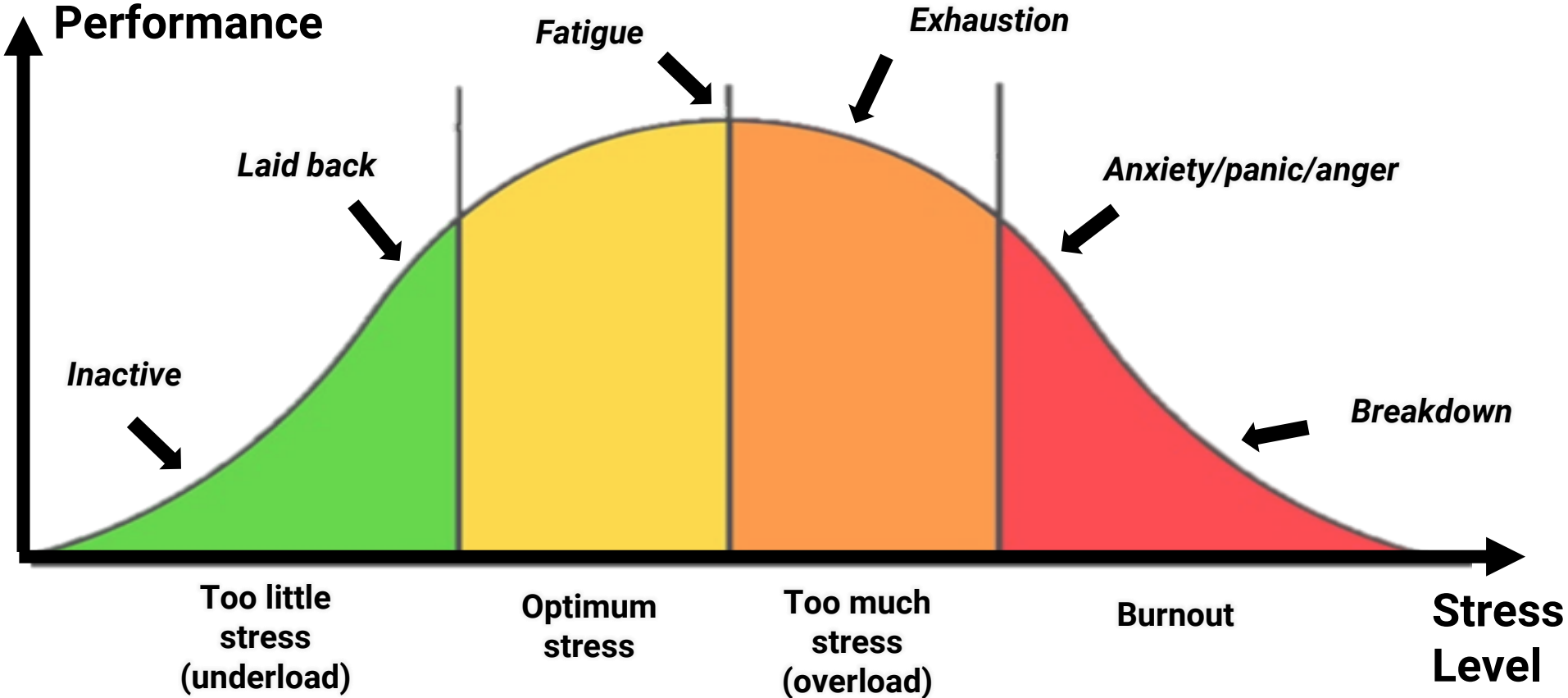
Eat Well



Sleep



Let's talk about stress



Managing Stress

- Identify coping skills
- Know your limits and adjust your self-expectations
- Connect with at least one person a day
- Talk about your concerns
- Laugh and have fun on a regular basis
- Take a “mini vacation” (a walk, dinner out, movie, etc.)



Developing Your Wellness Skills

- Setting goals
- Building sustainable habits
- Managing time
- Having a growth mindset
- Finding your community
- Giving yourself grace
- Using resources



Prioritizing Your Wellness in College

- New freedoms, opportunities, *and* challenges
- Make time and space for taking care of yourself
- Stay on top of the little things (sleep, study, eating, movement, etc.)
- Get involved and connected
- Seek out campus resources
- You may struggle, and that's ok



Student Wellness

Our mission is to support student success by promoting sustainable health behaviors and fostering a culture of wellness

Student Wellness



Individual Consultations

- Nutrition
- Fitness
- Stress Management
- Substance Use
- Sleep
- Wellness Coaching



Programs & Workshops

- Koru Mindfulness
- Refresh Sleep Program
- Healthy Hawk Challenge
- Intuitive Eating
- Collegiate Recovery Program
- Campus Wellness Leaders
- Light Therapy
- Free Safer Sex Supplies



Events

- Health Expo
- Mirage
- Mindfulness Retreats
- Cooking Workshops
- Bystander and CPR training
- Plogging



WELLNESS COACHING

Work one-on-one with a Student Wellness staff member to overcome barriers and achieve your health and well-being goals!

Fitness • Nutrition • Sleep • Stress Management • Time Management • *and more!*

Learn more and make an appointment at:

→ [STUDENTWELLNESS.UIOWA.EDU/WELLNESS-COACHING](https://studentwellness.uiowa.edu/wellness-coaching)

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Student Wellness

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Student Wellness in advance at 319-335-8094.

studentwellness.uiowa.edu

f **@uistudentwellness**

@Hawkeye_Health

KORU MINDFULNESS

*Open your mind.
Manage your stress.*

4-WEEK WORKSHOP

WEDNESDAYS, 7 p.m.

June 7, 14, 21, and 28 | IMU River Room 1

TUESDAYS, 5:30 p.m.

July 25, August 1, 8, 15 | Virtual

LEARN MORE AND REGISTER AT:



→ [STUDENTWELLNESS.UIOWA.EDU/MINDFULNESS](https://studentwellness.uiowa.edu/mindfulness)


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Refresh

Sleep Program

Refresh is a FREE program to improve your sleep, offered as an app or weekly email.

Information that is included in the program:

Sleep Education

Sleep Tracking

Daily Habit Support

Achievable Goals

→ [STUDENTWELLNESS.UIOWA.EDU/REFRESH](https://studentwellness.uiowa.edu/refresh)






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LIGHT THERAPY



Check out a light box for **FREE** for one month!

Light Therapy is one way to help respond to Seasonal Affective Disorder (SAD), a type of depression associated with the lack of natural light during the winter months.

Available at the CRWC

Wellness Services Suite

Limited quantity available at Westlawn

FOR MORE INFORMATION, GO TO:

→ [STUDENTWELLNESS.UIOWA.EDU/LIGHT-THERAPY](https://studentwellness.uiowa.edu/light-therapy)

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Student Wellness
Undergraduate Student Government

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Free **Cooking
Workshop**

7–8PM
CRWC Rooms 1A & B

***Prepare easy, tasty,
and affordable recipes!***

- Food samples
- Featuring ideas for fruits, vegetables, and whole grains

For more information:

→ **STUDENTWELLNESS.UIOWA.EDU**

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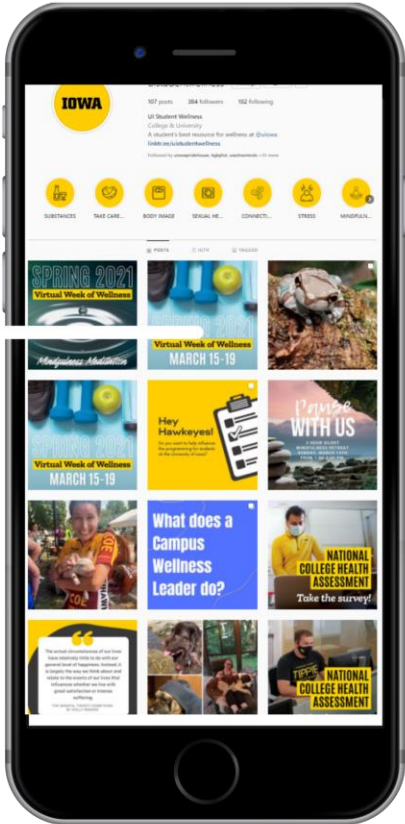
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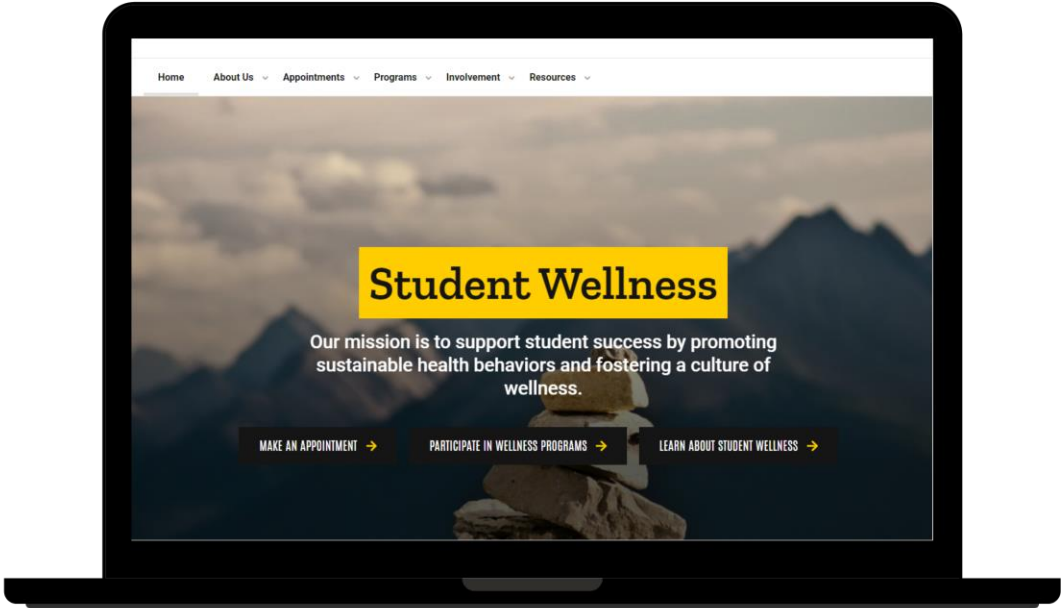
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Let's Connect



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Questions?

→ [Studentwellness.uiowa.edu](https://studentwellness.uiowa.edu)

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Thank you

→ [Studentwellness.uiowa.edu](https://studentwellness.uiowa.edu)

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