

ONGOING EVENTS

Every Day

20 Minutes Still ●●
Bond Chapel, 8:00AM - 8:20AM

Start every day of the academic week with 20 minutes of silent meditation. No experience necessary.

TUESDAYS

**Nurturing Each Other,
Healing Ourselves** ●●●●

5555 S. Woodlawn Avenue, 3:30PM - 5:00PM

This group will provide a safe space for undergraduate and graduate students to connect and explore experiences related to being women of color. Email Adia Gooden, PhD to sign up and for more information (agooden@uchicago.edu).

WEDNESDAYS

Worry Well ACT Group ●●●●

5555 S. Woodlawn Avenue, 3:00PM - 4:30PM

This 8-week group is aimed at helping students better understand and manage their worries. Learn skills to address self-doubt and over-thinking, change their relationship worries, and improve their overall quality of life. Email Cat Goyeneche, PsyD to sign up and for more information (catgoy@uchicago.edu).

CONNECT WITH US

wellness.uchicago.edu

 UChiWellness

 UChicagoHealthandWellness

*Events are subject to change.

Please visit wellness.uchicago.edu for up-to-date information.

Persons with disabilities who need accommodations, please call (773) 702-8935.

OTHER RESOURCES



Stress Relief

Practice stress relief techniques and use stress management tools.
wellness.uchicago.edu/page/stress



eCheckup-to-Go

Get personalized feedback about your alcohol and drug use.
wellness.uchicago.edu/tools



Sunny Spots Map

Boost your mood and get outdoors by finding sunny spots at UChicago.
wellness.uchicago.edu

FIND WELLNESS ON CAMPUS

You are unique and your wellness is multifaceted. Use these logos to find events and resources that you can incorporate into your everyday wellness.



WINTER 2017 WELLNESS CALENDAR

STUDENT HEALTH & COUNSELING SERVICES

JANUARY

13 WINTER QUARTER RE-BOOT ●

South Lounge, Reynolds Club, 3:45PM

Attend this workshop to develop or re-establish better ways to manage your time and to work efficiently.

10 KORU MINDFULNESS MEDITATION

4 - Week Course ●●

11 **Session 1:** Bond Chapel, 1:30PM - 2:45PM

Session 2: Oriental Institute, 3:15PM - 4:30PM

Join this 4-week series to learn skills and strategies to reduce your stress and anxiety. Register at wellness.uchicago.edu/mindfulness.

15 REFRESH SLEEP PROGRAM ●●●●

Online registration due by 12:00AM

Gain skills, strategies and support to achieve a more restful night. Register at wellness.uchicago.edu/refresh.

19 EFFECTIVE READING STRATEGIES FOR ACADEMIC SUCCESS ●

South Lounge, Reynolds Club, 3:45PM

Learn to manage your reading assignments, about the usefulness and distinction of reading comprehension, critical thinking and critical reading.

26 GRIT AND A GROWTH MINDSET ●

South Lounge, Reynolds Club, 3:45PM

Learn how you can foster your perseverance in order to achieve your goals this year!

28 SEX WEEK ●●●●

January 28th - February 5th

Attend the Peer Health Advocates' programs: film screening, the Body Project workshop on gender and body image expectations, and other events during Sex Week. Visit wellness.uchicago.edu.

30 STUDY BREAK ●●●

Stuart Hall Room 105, 6:30PM - 8:00PM

Take a break and join the Wellczars and Peer Health Advocates for dinner. Learn more about their programs and enjoy stress-relieving activities!

31 THE ILLUSIONIST FILM SCREENING ●●●●●●●

Harper 140, 7:00PM

Join the Body Project and Sex Week for the viewing of this acclaimed documentary that explores the globalization of beauty.

FEBRUARY

2 STRESS RELIEF DAY ●●

McCormick Lounge, Reynolds Club

11:30AM - 1:30PM

Take a study break and enjoy snacks, beverages, a FREE 5 minute massage and other stress-relief activities.

21 PET LOVE ●●

Reynolds Club, McCormick Lounge

11:30AM - 1:00PM

Take a break in your busy day to pet certified therapy dogs to reduce your stress, feel comforted and enjoy companionship.

MARCH

8 UNCOMMON NIGHTS ●

Reynolds Club, 10:00PM - 12:00AM

Connect with your peers and meet new friends. Free food and activities!

STUDY AT THE _____ ●●

During reading period, utilize the museums, galleries, and art centers as your study halls. Free food, coffee and social study breaks.

9 Smart Museum

9:00PM - 12:00AM

10 Logan Arts Museum

9:00PM - 12:00AM

11 Arts Incubator

12:00PM - 3:00PM

12 Oriental Institute

9:00PM - 12:00AM

23 GET SET FOR FINALS ●●●●

South Lounge, Reynolds Club, 12:00PM

27 Take time out of your busy schedule to connect with your peers and meet new friends. Free food and activities!