

FEBRUARY Newsletter

EVENTS

Self-Care & Healthy Relationships

Feb. 14th | 12pm | EAD 524

The Office of Care & Civility is collaborating with Title IX to celebrate healthy relationships in February! Join us in making your own (love) bath bombs, canvas art, and more! We will also provide additional resources and information on healthy relationships and behaviors. Snacks and drinks will be provided!

BE | WELL Study Break

Feb. 20th | 11am | MET 109-111

Take a break with BE | WELL! We'll have games, snacks, and self-care activities that will help you to de-stress!

Stages of burnout

Month-long | MET Lobby

Stop by our burnout table in the MET Lobby throughout this month for information and resources on reducing symptoms of burnout!

RSVP for events



SAVE THE DATE! BE | WELL WEEK IS COMING

February 26th - March 1st

Each semester **BE | WELL**, our campus Quality Enhancement Plan, hosts a week full of events serving to enhance HSC student wellbeing! This semester, **Let's BE | WELL Together!** We will have great events for you to relax at, stretch your creativity and learn a few tools for maintaining your wellbeing!

Follow our Instagram @HSC.BEWELL to keep up with us and be the first to know our **BE | WELL** Week schedule!



HAVE YOU HEARD OF CARE TEAM?

Care Team serves as a nonclinical student support team. They provide a caring and confidential program for identifying, intervening, and responding to the wellbeing needs of HSC students. Care Team can help identify resources and next steps in navigating challenging situations facing our HSC students.

Our Care Team is available via email: CareTeam@unthsc.edu or you can contact them at the 24/7 line: 817-735-2740

CARE TEAM WEBPAGE

