

JANUARY Newsletter

EVENTS

Build Your Own Mindful Corner

Jan. 17 | 11:30am | MET Lobby

A new year can bring new stressors. We've got the Mindful Corner on campus, but have you built your own stress-free space at home? Stop by our table in the MET Lobby for resources and items to help you build your own Mindful Corner right at home!

Stalking Awareness with OCC and Title IX

Jan. 23 | 12pm | MET 109-111

Come talk with the Office of Care & Civility and Title IX about stalking and proactive ways to stay safe! We will have lunch for the first 20 guests and resources for all!

Stages of Burnout: The Honeymoon Stage

Jan. 25 | 12pm | MET Lobby

Join us this week as we dive into the Honeymoon Stage! When you're here, you are energized and excited about your work! Let's learn how to maintain this stage and balance stress, school, and life. We will have snacks and resources!

Scan me to RSVP



JANUARY IS NATIONAL STALKING AWARENESS MONTH

KNOW IT. NAME IT. STOP IT.

2.2% of HSC students have reported being victims of stalking.

Stalking is a series of actions that make you afraid, distressed or in danger. Most stalkers target people they know; stalkers can be acquaintances, family members, and/or strangers.

Follow these tips to stay safe:

- Call **911** or Campus Police at **(817) 735-2600** if you are in imminent danger or being threatened
- If you believe you are in danger, **trust your instincts**
- Connect with **Title IX** or **other hotlines** to find information and support for victim services
- **Document** everything that happens. Keep a record or log like this [one](#) from SPARC
- **Tell people you trust** about the situation. Title IX can help you build a safety plan if needed
- Learn more **safety strategies** at stalkingawareness.org

Resources



HSC Title IX

Maureen.McGuinness@untsystem.edu
Michaela.Postell@untsystem.edu



HSC Police

Emergency: (817) 735-2600
Non-Emergency: (817) 735-2210

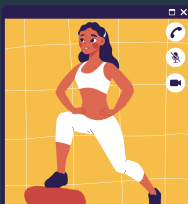


Care Team

CareTeam@unthsc.edu
24/7 line: 817-735-2740



For more information and resources



DID YOU KNOW WE HAVE A YOUTUBE CHANNEL?

Check out our videos on all things wellbeing. We have a video on improving your sleep hygiene, tips from other HSC students, and guided yoga and meditation practices from HSC students! Email us at OCC@unthsc.edu for any recommendations on virtual events and recordings you would like to see from us! And check out our page by scanning the code to the right!

