

MARCH Newsletter



EVENTS

Recharge & Relax: Study Break Palooza
Mar. 5th | 2pm | MET 109-111
Come take a break before heading off for Spring Break! Join us for games, snacks, and resources! We will have information on how to be safe over Spring Break and return to campus rested and ready to finish the semester strong!

Question, Persuade, Refer Training
Mar. 6th | 12pm | Zoom
QPR (Question, Persuade, and Refer) is suicide prevention training designed to give every member of our community the confidence and capability to help someone at risk for suicide.

Name the Student Be|Well Podcast!
Instagram | @ HSC.BEWELL
Stop by our Instagram during the first week of March to vote on the name of our new HSC student podcast!



HEAD OVER TO OUR YOUTUBE PAGE TO CATCH UP WITH OUR ON-DEMAND VIDEOS
We have videos of cooking demonstrations, mindful practices, how to relieve test anxiety, and more!
You can email OCC@unthsc.edu to give us feedback for how to improve our on-demand content!



SPRING BREAK IS ALMOST HERE *HOW ARE YOU TAKING A BREAK?* March 11th - 15th

Make the most of your Spring Break with purposeful and energizing breaks! Giving your body and mind the space to have an intentional break will allow you to return to campus ready to tackle the rest of the semester!

Take a look at some of our favorite ways to make the most of our break:

- Get outside! Walk through a nearby park and connect with your surroundings!
- Practice mindfulness like meditation or walking gritudes!
- Allow yourself to “rot in bed.” Breaks should include time to not think or do anything.
- Hang with friends! Or call them to catch up!
- Stretch! Take time to move your body and stretch out the tension you carry throughout the semester!
- Cook a comfort meal or snack!
- Foster your hobbies. Many HSC students encourage painting or rock-climbing!
- Tidy up your space! You deserve to rest in a clean environment.

