

# SEPTEMBER 2019

Check-out what's going on at Health & Wellness  
[unh.edu/health](http://unh.edu/health) or [#BeWellUNH](https://twitter.com/BeWellUNH).

# 😊 Wellness Welcome

The #BeWellUNH calendar has tips and facts on how taking care of your wellness will help you thrive and grow academically and personally while at UNH (and beyond). We're glad you're here!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1 Your Wellness Mindset</b></p> <p>Approach UNH with a mindset that nothing will be perfect, you will have to put in a lot of effort, and all learning comes from success AND challenges.</p>	<p><b>2 Calm Your Nerves</b> 😊</p> <p>We offer guided relaxation/meditation Monday - Friday from 12:30pm-1:00pm at Health &amp; Wellness. <b>Learn more</b> <a href="http://www.unh.edu/health">http://www.unh.edu/health</a></p>	<p><b>3 Napercise</b> 😊</p> <p>Sleep is the #1 study skill. Join us the first Tuesday of the month for Napercise, guided relaxation and power nap. <b>Register at</b> <a href="http://www.unh.edu/health">http://www.unh.edu/health</a></p>	<p><b>4 Paws &amp; Relax</b> 😊</p> <p>The animals are back! Every Wednesday visit Paws &amp; Relax to get some tender and calming animal love. <b>Thrive at HRC, 12pm-3pm.</b></p>	<p><b>5 Map Out Your Semester</b></p> <p>By now you have gotten all your course syllabi. Set aside time to put all your due dates into your planner, now through December.</p>	<p><b>6 College Myth Alcohol</b></p> <p>Not everyone in college drinks. Think about what kind of college experience you want to have. Remember, any choice to drink under age 21 puts you at risk.</p>	<p><b>7 College Myth Weight Gain</b></p> <p>Yes! "Freshman 15" is one of the biggest myths about college that has never been supported by good research.</p>
<p><b>8 Adjustment Takes Time</b></p> <p>Change can be exciting and scary. A mix of emotions is natural the first year of college. Reach out to someone you trust for support.</p>	<p><b>9 Get Social</b></p> <p>Your RA is a great resource and someone you can practice your social skills with. Start by asking them about their UNH experience.</p>	<p><b>10 Go to UDay</b> 😊</p> <p>Getting involved will help your transition to UNH. Check-out over 200 student organizations and make a commitment to attend their first meeting.</p>	<p><b>11 Connect in Class</b></p> <p>Making friends doesn't just happen, it takes courage and effort. Say "hi" to the person sitting next to you in class.</p>	<p><b>12 50:10 Study Tip</b></p> <p>Study for 50 minutes, break for 10 minutes. Try to keep distractions to a minimum during the study block and allow yourself to relax during the break.</p>	<p><b>13 Stress is Okay</b></p> <p>One of the first lessons of being a Wildcat is knowing that its natural and okay to feel stressed when coming to college. It's a big transition!</p>	<p><b>14 Full Harvest Moon</b> 🌕</p> <p>Lay on the grass and look up at the sky noticing clouds, colors, shapes or the night stars and moon.</p>
<p><b>15 Embrace Awkward</b></p> <p>You will have awkward moments at UNH. It's okay to get lost on campus, not know what to say in class or to your peers. No one is perfect.</p>	<p><b>16 Know Your Professors</b></p> <p>Introduce yourself to your professors and utilize their office hours. They're here to help.</p>	<p><b>17 How Are You Doing?</b></p> <p>Check in with yourself. Take a deep breath and notice what is happening in your body, thoughts and emotions. Ask yourself, "what do I need?"</p>	<p><b>18 Cooking Class</b> 😊</p> <p>Eating well will help you feel good. Free class and meal provided by Nourish Peer Educators. <b>Register at</b> <a href="http://www.unh.edu/health">www.unh.edu/health</a></p>	<p><b>19 It's Okay to Not Be Okay</b></p> <p>We all have difficult days; you're not alone. Take care of yourself by doing something small that brings you joy.</p>	<p><b>20 Yoga Nidra</b> 😊</p> <p>Yoga Nidra offers a deep state of relaxation and will leave you feeling refreshed and relaxed. <b>Register at</b> <a href="http://www.unh.edu/health">http://www.unh.edu/health</a></p>	<p><b>21 Get Moving</b></p> <p>Body movement releases good stress hormones that'll help you feel better. Go for a walk, run, swim or make a visit to Hamel Recreation Center.</p>
<p><b>22 It's Not a Race</b></p> <p>College is a time to discover who you are, your strengths, and what you enjoy doing. It's okay to not know your major or career just yet. You've got time.</p>	<p><b>23 Thrive Study Spot</b></p> <p>Take a walk over to our space called Thrive in the HRC. You can study, meditate, sleep, or sit and enjoy a free cup of tea. <b>We're open Monday-Friday at 11am.</b></p>	<p><b>24 Ask for Help</b></p> <p>The most successful students are the ones who learn how to ask for help. There are many resources at UNH to help you succeed. Use them!</p>	<p><b>25 Nourish Yo'Self</b></p> <p>Food is fuel that will get you through the day with energy and cognitive clarity. See how you feel when you nourish yourself with a variety of whole foods.</p>	<p><b>26 Wellness Fest</b> 😊</p> <p>You've been here a month and are probably feeling you could use a dose of wellness. Visit the BIGGEST wellness event of the semester. <b>11am-2pm, HRC.</b></p>	<p><b>27 Meditation Group</b> 😊</p> <p>Make friends, learn coping skills and gain self-awareness. Join our 4-week meditation group. <b>Register at</b> <a href="http://www.unh.edu/health">http://www.unh.edu/health</a></p>	<p><b>28 Family Weekend</b></p> <p>Enjoy time reconnecting with your family and showing them around your new home away from home, UNH.</p>
<p><b>29 Family Weekend</b></p> <p>If you're sad about your family leaving today, remind yourself that that's okay. They're a text or phone call away.</p>	<p><b>30 Your Study Spot</b></p> <p>Find a place on campus that helps YOU feel motivated to study. That may be your room, a cozy corner of the library, or Thrive at the HRC.</p>					

😊 = WELLNESS EVENT, opportunity to take care of yourself, meet new people and/or have fun with friends