



Health & Wellness

APRIL 2021

Events, Workshops, & Classes

Subscribe to our monthly newsletter for inspiration, service and event updates, our [Wellness Calendar](#), and more:
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To find and share our flyers for these events, please visit: <https://unh.box.com/v/health-wellness-flyers>

For registration, new events, and updates: unh.edu/health/events

Open to UNH students, faculty, staff, and alumni unless otherwise noted.

Advanced registration required unless otherwise noted. Click links to register.

WEEKLY ACTIVITIES

Day	Time	Location	Description
Monday	12:30 pm	Join on Zoom (no registration required)	Mindful Mondays Get your week started with Mindful Mondays. Take a mid-day pause to learn and practice mindfulness skills like meditation, and connect with yourself and your UNH community. No registration required.
Tuesday	7:00 pm – 9:00 pm	Join on Zoom (no registration required)	Zoom Sessions with Public Health Ambassadors Got COVID questions? Drop into a Zoom session to chat with student PHA's about testing, compliance, social connection, emotional well-being and on-campus resources, and more!

Wednesday	12:30 pm	Instagram Live: @UNHHealth	Wellness Wednesdays Meet our Wellness Counselors and student staff on Instagram Live every Wednesday for fun, quick tips on how to care for yourself and stay balanced at UNH and beyond. We'll cover stress, sleep, nutrition, sexual well-being, alcohol and other drugs, and more!
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EVENTS & WORKSHOPS

Date	Time	Location	Details (Click titles for registration/access)
Month of April	All month	Health & Wellness (Click for hours)	Get Yourself Tested (GYT) for STIs/HIV Month Let us help you prioritize your sexual health and learn about safer sex. Students will get a \$5 gift card to a Durham downtown business when you get tested/screened for STIs/HIV at Health & Wellness through the month of April. Promotion only available to current UNH students. Learn more and make an appointment.
TBD (please check our Events page for updates)	TBD	Join on Zoom (no registration required)	Abortion is Health Care Led by Sexual Well-Being Intern Kate Amaral '22 Let's work together to end the stigmatizing culture surrounding this medical procedure. Join us for an informative, fact-based, medical discussion on medication and surgical abortion.
Thursday, April 1	2:00 pm – 3:00 pm	Zoom	Be Well, Sleep Well: Sleep Workshop Led by Shannon Seiferth Do you wonder about your sleep patterns? Need tips to improve your sleep? Want to understand why you feel sleepy during the day? Work with a Certified

			Health & Wellness Coach to co-create a personalized sleep plan in our weekly workshops. Recommended for graduate and undergraduate students.
Friday, April 2	1:00 pm - 2:00 pm	Zoom	<u>Yoga Nidra: "Yogic Sleep" Workshop</u> Led by Kathleen Grace-Bishop Yoga Nidra is a simple yet powerful way to relax and rejuvenate your body and mind. In this session, you'll practice "yogic sleep" to find the restorative state of consciousness between waking and sleeping.
Friday, April 2	2:00 pm - 3:00 pm	<u>Join on Zoom</u> (no registration required)	Real Talk: COVID vs. AIDS/HIV Epidemic from a Public Health Perspective Sponsored by the Beauregard Center, Health & Wellness, and SHARPP Join us in reflecting on and comparing the AIDS/HIV epidemic and the COVID-19 pandemic from a public health perspective.
Thursday, April 8	3:00 pm - 4:00 pm	Zoom	<u>Social Media and Body Image Workshop</u> Led by Laila Hammam With more time being spent scrolling through social media and watching TV, does this begin to affect how we feel about ourselves? Join us for a presentation and discussion led by the Eating Concerns Mentors about social media and how it can affect body image and learn useful tips on how to improve your own body image.
Thursdays April 8 April 15 April 22 April 29	7:00 pm - 8:00 pm	Zoom	<u>Peer Body Project</u> Led by Laila Hammam The Body Project is a body acceptance program designed for college-aged women to resist cultural pressures to conform to "ideal" appearance standards of female beauty and reduce the pursuit of unrealistic bodies. Here are a few things to expect:

			<ul style="list-style-type: none"> - 4 weekly sessions, 1 hour each (April 8th, 15th, 22nd, and 29th) - Groups of 5-8 undergraduate students who identify as women - Led by trained UNH peer educators - Gain powerful skills to build a healthier body image <p>Please plan to attend all four workshops, as the discussions build on previous groups.</p> <p>For more information, please contact Laila Hammam (Laila.Hammam@unh.edu)</p>
Tuesday, April 13th	12:00 pm – 1:00 pm	Zoom	<p>2-Minutes Stress Reliever Workshop: Quick and Proven Techniques to Get out of Your Head and into Your Body Led by Shannon Seiferth</p> <p>All it takes is 2 minutes – or even less – to tap out of the stress response and into the relaxation response. You’ll learn and practice stress and relaxation techniques that can be used in and outside of the classroom to minimize the negative effects of stress.</p>
Friday, April 16	11:00 am – 12:30 pm	Thrive satellite office, HRC Room 239 – please check our Events page for updates	<p>Building Resilience through Self-Care Led by Kathleen Grace-Bishop</p> <p>We all experience challenges (academic, personal, relational, societal, etc.) that impact our well-being. This session will create an opportunity to explore and practice ways to build your resilience, so we can engage and cope with these challenges.</p>
Friday, April 16	1:00 pm – 3:00 pm	Thrive satellite office, HRC Room 239 – please check our Events page for updates	<p>Introduction to Mindfulness Led by Kathleen Grace-Bishop</p> <p>This session will be an opportunity to learn more about mindfulness – what it is, and how its practice can help our mind, body, and spirit. How can we build this</p>

			skill to help us be more present to our life, bodies, emotions, relationships and experiences?
Tuesday, April 20	12:30 pm – 1:30 pm	Join on Zoom (no registration required)	<p>Communicating While Queer Sponsored by Health & Wellness and SHARPP in honor of Gaypril</p> <p>A student dialogue and learning space focused on communication practices in queer communities and relationships.</p>
Friday, April 23	10:00 am – 11:00 am	Zoom	<p>Asexuality & Campus Sex Culture Sponsored by Health & Wellness and SHARPP in honor of Gaypril</p> <p>A workshop to build your knowledge base about the spectrum of asexual identities, to deconstruct common myths and misconceptions about asexuality, and to explore how we can shift campus discourse and sex education to be more inclusive of our asexual community members.</p>
Tuesday, April 27	2:00 pm – 3:00 pm	Zoom	<p>2-Minutes Stress Reliever Workshop: Quick and Proven Techniques to Get out of Your Head and into Your Body Led by Shannon Seiferth</p> <p>All it takes is 2 minutes – or even less – to tap out of the stress response and into the relaxation response. You’ll learn and practice stress and relaxation techniques that can be used in and outside of the classroom to minimize the negative effects of stress.</p>
Thursday, April 29	1:00 pm – 2:00 pm	College Woods (Meet in the Hamel Rec Center lobby)	<p>A Mindful Walk in the Woods A Collaboration with Campus Recreation</p> <p>Nature promotes (among other benefits) relaxation, awe, memory, creativity, energy, and physical health. Take a pause out of your day to clear your mind, get some fresh air, and move your body with Health & Wellness and Campus Rec. We’ll venture into College Woods no matter the weather.</p>