

APRIL 2021

Health & Wellness is here to help you be well so you can make the most of your UNH experience unh.edu/health

Wellness for Academic Success

Hello, spring! Use the rebirth of Mother Nature to give yourself a wildcat wellness refresh. There's a lot happening this month. Click on each day's prompt to learn more.

SUNDAY

MONDAY

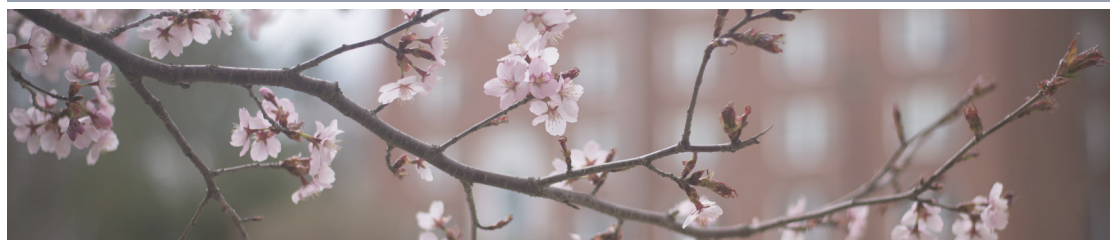
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



4 Your Environment

Ask yourself if the space you're working in is serving you. If not, what can you do to nurture your space?
#EnvironmentalWellness

5 Join Our Team

We are seeking student interns and peer educators for the 2021-2022 academic year. Come work with us.
#OccupationalWellness

6 Gaypril



April is all about celebrating pride! Attend one of the many events happening around campus all month.
#BeWellUNH

7 Recovery

Recovery is a process of change where you can improve health & wellness, live a self-directed life, and aim to reach your full potential.
#SocialWellness

1 Free \$5 Gift Card

Get screened/tested for STIs/HIV at Health & Wellness during the month of April and get a free \$5 gift card.
#PhysicalWellness

2 Abortion - Health Care

Join Kate Amaral '21 as she provides the medical facts about surgical and prescription abortion.
#PhysicalWellness

3 Alcohol Awareness

April is Alcohol Awareness Month, a time to consider choices about what you consume and consider healthy alternatives.
#SocialWellness

11 Time for a Picnic



Nice weather? Get food from the dining hall and enjoy a physically distanced picnic outside with friends.
#EnvironmentalWellness

12 Mindful Eating

Join us at 12:30pm for a guided mindful eating meditation led by a Nourish nutrition peer educator.
#SpiritualWellness

13 Safer Sex

Free condoms and lubrication available at our pharmacy and at Thrive (in the HRC). No questions asked.
#PhysicalWellness

14 Body Positivity

Not feeling very body positive? Try writing down positive affirmations about what your body can do.
#EmotionalWellness

15 Sleep It Off

Problem solve, tackle stress, and manage emotions by aiming to get 7+ hours/night of sleep.
#PhysicalWellness

16 Compliments

Compliments can feel really good to give and receive, but make sure you are genuine when giving one.
#EmotionalWellness

17 Sex at UNH

Sexually active? Take care of your body and mind by getting tested for STIs/HIV at Health & Wellness.
#PhysicalWellness

18 You Can Knit!

Learn to knit with your hands, no needles needed! Use yarn, string, rope, wire or make PLARN with plastic bags.
#IntellectualWellness

19 Friendly Check-In

Today, focus on how you can be kind to yourself. Start with checking in on how you've been talking to yourself.
#EmotionalWellness

20 Gain Experience

Internships, volunteer work, leadership programs, shadowing opportunities will propel your career.
#OccupationalWellness

21 Marijuana at UNH

12:30pm on IG Live our student peer educators will weigh in on the complicated relationship between marijuana and appetite.
@UNHHealth

22 Earth Day



Think about your environment. How you can reduce waste? Set a goal to reduce waste and begin recycling.
#EnvironmentalWellness

23 Positive Connections

As humans, we are hardwired to make connections. Examine your own connections. Is your social network fueling you?
#SocialWellness

24 Accept Emotions

Have you tried to convince yourself how you should/shouldn't feel? Here's our favorite tool to practice emotional acceptance.
#EmotionalWellness

25 Sex Factoid

15-24-year-olds account for 1/2 of all new STIs. Know your status, get tested at Health & Wellness.
#PhysicalWellness

26 Full Moon



Tonight, look up at the Pink Moon and know you aren't alone. Many people around the world are also looking up.
#SocialWellness

27 Sneaky STIs

Most STIs have no symptoms. The only way to know your STI/HIV status is to get tested. Testing available right here on campus.
#PhysicalWellness

28 Fueling Finals

Busy studying for finals and forgetting to eat? Join us at 12:30pm IG Live to learn more about the importance of fueling for finals.
@UNHHealth

29 The Home Stretch

Finals are fast approaching. Explore UNH resources available to help you do and be your best!
#IntellectualWellness

30 Condom Broke?

Emergency contraception is up to 40% less expensive than local retailers at the our pharmacy. No questions asked.
#FinancialWellness

Half of all new STIs are in people under age 25

Source : Centers for Disease Control (CDC), 2021

WHY?

Sexual behaviors and circumstances can put young adults at risk for getting STIs and HIV:

- ➔ Unprotected penetrative or oral sex
- ➔ Multiple sex partners
- ➔ Anonymous sex partners
- ➔ Intoxicated sex
- ➔ Not getting routine STI/HIV testing

THERE IS SOMETHING
YOU CAN DO TO REDUCE YOUR RISK

GET TESTED!

PRACTICE SAFER SEX!