Your Student’s Wellness
Wellness at UNH

**Wellness WHEEL**

Take care of yourself and reach your potential by understanding the interconnectedness of each aspect of your life.

- **EMOTIONAL**
  - Have a positive attitude, high self-esteem, a strong sense of self, and be able to recognize and share a wide range of feelings in a constructive way.

- **ENVIRONMENTAL**
  - Be aware of the interactions between the environment, community and yourself. Behave in ways that care for each of these responsibly.

- **FINANCIAL**
  - Live within your means and learn to manage your finances for the short and long term.

- **INTELLECTUAL**
  - Be open to new ideas, be creative, think critically, and seek out new challenges.

- **OCcupational**
  - Seek to have a career that is interesting, enjoyable, meaningful, and that contributes to the larger society.

- **PHYSICAL**
  - Take care of your body for optimal health and functioning.

- **SPIRITUAL**
  - Find meaning in life events, demonstrate individual purpose, and live a life that reflects your values and be ifes.

- **SOCIAL**
  - Build personal relationships with others, deal with conflict appropriately, and connect to a positive social network.
Wellness at UNH

Wellness is an active process that influences well-being and success.

- Wellness Wheel: a tool for self-exploration and self-care
- 8 dimensions interconnected and equally important
- Collaborative efforts with and for students
Health & Wellness

Caring for the whole student, from being well to getting well

• Medical care
• Pharmacy
• Laboratory
• Radiology

• Wellness counseling
• Events & clinics
• Massage therapy
• Mindfulness & meditation

24/7 access to health care

Commitment to prevention & community health
(flu clinics, education, skill-building, self-care)

Two convenient locations
Health & Wellness (4 Pettee Brook Lane)
Thrive (Hamel Rec Center, rm 238)

Make appointments online or by phone
unh.edu/health
(603) 862-WELL (9355)
@UNHHealth
Campus Recreation

stay active

Programs and Facilities to promote an active lifestyle.

Boulder Field • Bremner Field • College Woods • HRC (Hamel Recreation Center) • Jackson's Landing • Memorial Fields • Mendums Pond • Outdoor Pool • Student Rec Field • Swasey Indoor Pool • Tennis Courts • Whittemore Center Arena
Campus Recreation

stay active

All Under One Roof: 18,000 square feet of fitness space in 5 locations!
Bouldering Wall, 3 Studios, 3 Wood Floor Courts, 1/10 Mile Indoor Track, 1 Squash Court, 2 Racquetball Courts, MAC (Multi-Activity Courts), Locker Rooms with Saunas & More.
Psychological and Counseling Services (PACS)
Psychological and Counseling Services (PACS)

- Group Counseling
- Individual Counseling
- Community Referral
Psychological and Counseling Services (PACS)

Anxiety
Depression
Grief
Relationships
Academics
...and more

unh.edu/pacs
(603) 862-2090
Smith Hall - 3rd Floor
Psychological and Counseling Services (PACS)

(603) 862-2090
Monday - Friday 8am to 5pm

unh.edu/pacs
(603) 862-2090
Smith Hall - 3rd Floor
Sexual Harassment & Rape Prevention Program (SHARPP)

Wolff House (next to Health & Wellness)
(603) 862-3494, office
(603) 862-7233, 24-hour help line
www.unh.edu/sharpp
Sexual Harassment & Rape Prevention Program (SHARPP)

Prevention
Education
Support
Advocacy

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What do CONSENT and TEA have in common?
Questions?