

January

Wellness Calendar



Student Health Services



HOPE Services
#WSUWeSupportU



#WSUWeSupportU
Counseling and Psychological Services



Take the training to learn about SAS & more

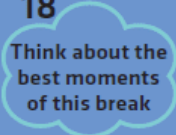
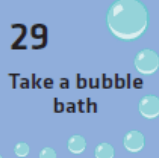
Suspenders4hope.com



CAPS Group Therapy Options
wichita.edu/CAPS



Take a mental health screening
wichita.edu/CAPS

			W	Thr	F	Sat
			1 Listen to your body and go to bed early 	2 Do a puzzle!	3 Buy yourself flowers 	4 Check in on yourself by taking a mental health screening
Sun	M	T				
5 Eat a meal mindfully focus on enjoying your food	6 Create a time capsule of your day to day life	7 Give someone a compliment	8 Say hello to someone you walk pass on the street	9 Celebrate something good in your life 	10 Give a friend a hug 	11 Read a book 
12 Go to a museum  	13 Light up a candle or difuse some essential oils	14 Think about what's important for you	15 Move your body mindfully by prating yoga 	16 Write a list of 3 things your grateful for 	17 Try something new today 	18 Think about the best moments of this break 
19 Clean out things you no longer need or want	20 Celebrate MLKJR day by getting involved in a cause you're passionate about	21 Welcome back Shockers!	22 Set a goal for the day	23 Make a healthy meal 	24 Praticte setting boundaries to avoid burnout	25 Make a list of things that you are proud of 
26 Take time to walk for 10 minutes 	27 Outline your schedule ahead for the day or week ahead of time	28 Take a deep breath	29 Take a bubble bath 	30 Share your favorite stress less tip	31 Reflect on good moments from this month	

