

What Are Colleges on Your List Doing About Wellness?

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A SLEEP KIT — ONE OF MANY FREE SNOOZE-ENHANCING OFFERINGS PROVIDED BY UNH HEALTH SERVICES

There are lots of lists offering advice to students on what they should look for when choosing a college: majors and degree programs, financial aid options, location, class size and job placement rates, for example. Topping the lists less often are wellness programs. And yet, two of the biggest challenges students face — stress and lack of sleep — are critical

components to wellness. Managing those issues, and others, can take support. At UNH, the whole-body, whole-student is viewed as a critical component of learning.

“We know there is a connection between the various aspects of a student’s physical and mental health and their ability to succeed academically,” says Kathleen Grace-Bishop, director of education and promotion at [UNH Health Services](#). “Focusing on wellness helps students ... reach their potential.”

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Here's a sampling of what UNH Health Services offers:

Biofeedback: Electronic sensors are used to gather information about what's going on in one's body. Feedback on that data allows an individual to make changes such as relaxing muscles or changing positions to achieve the desired results. Biofeedback has been shown to help reduce stress and anxiety, increase concentration and improve sleep, among other benefits. Fifteen 30-minute sessions done during the course of several weeks are free. [More info](#)

Wellness Coaching: Discovering how to better understand personal wellness, make decisions that align with our personal goals and values and live the life we want can sometimes be hard to do alone. Health Services wellness coaches collaborate with students to co-create wellness visions, uncover strengths and develop action plans to enhance their lifestyle and experience at UNH. Wellness coaching is free for full-time students. [More info](#)

Massage Therapy: Studies have shown massage to be effective in reducing stress and muscle tension while promoting relaxation. Both traditional and hot stone massages with a licensed massage therapist are offered at a reduced rate. Appointments may be made online. [More info](#)

Meditation and Mindfulness: Health Services offers free individual, group and drop-in classes. Students also can take a 4-week program that provides insight on how mindfulness can help reduce stress, improve self-care and impact academic success. Group options are available Monday and Friday. Drop-in sessions are available Mondays at Health Services and Thursdays at the Health Services Hamel Recreation Center location. [More info](#)

Light Therapy: People who tend to feel down or have low energy during the fall and winter months may have seasonal affective

disorder (SAD), a condition that has been shown to improve with light therapy. Treatment involves sitting in front of a box containing fluorescent bulbs that mimic outdoor light to help change the chemicals in the brain that affect mood. Daily sessions range from 15 minutes to 2 hours. Most sessions last 20-30 minutes. [More info](#)

Nutrition: Eating right is one of those things that can fall off when we get busy. Yet the benefits and consequences of not doing so are too important to ignore. Health Services' registered dietitian works with students one-on-one to help guide them to healthy eating habits. Sessions are free for full-time students. [More info](#)



A NUTRITION WORKSHOP IN THE UNH HEALTH SERVICES DEMONSTRATION KITCHEN AT HAMEL RECREATION CENTER. (PHOTO: HEALTH SERVICES)

Sleep: Getting a good night's sleep is essential to being healthy and well. Health Services offers weekly power napping sessions and students can also meet individually with a wellness counselor to create a personalized sleep plan. Free sleep kits containing educational materials, eye masks, ear plugs, herbal tea and self-care techniques are also available. [More info](#)

Alcohol and Other Drugs: Confidential counseling is available for students who want to talk about their alcohol, tobacco or other drug use. This is free for full-time students. [More info](#)

Financial Wellness: Programs and workshops are designed to help students develop practical skills such as creating and sticking to a budget, avoiding credit card debt and making their money go further. [More info](#)

Visit Health Services for more information.

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