

Mental Wellness

Thought - Learning - Strength

CHECK-IN WITH YOURSELF

- ♥ What thoughts are on my mind?
- ♥ What is one goal I am working on?
- ♥ How can I give myself grace?

UWindsor SUPPORT | NOURISH YOUR MIND

Student Accessibility Services

Dillon Hall, Rm 117 (lower level)

Phone: 519-253-3000 ext 6172

Email: sas@uwindsor.ca

Academic Help and Advising (Ask.UWindsor.ca)

Email: advising@uwindsor.ca

- ✿ Celebrate small wins
- ✿ Practice Mindfulness
- ✿ Ask questions
- ✿ Keep learning
- ✿ Take Breaks from screens

Emotional Wellness

Feelings - Relationships - Joy

CHECK-IN WITH YOURSELF

- ♥ How Am I feeling today?
- ♥ What do I need right now?
- ♥ Who is in my circle?

UWindsor SUPPORT | NOURISH YOUR EMOTIONS

Student Counselling Services

CAW Student Centre, Rm 293

Phone: 519-253-3000 ext 4616

Email: scc@uwindsor.ca



- ✿ Talk About How You Feel
- ✿ Do Something Creative
- ✿ Spend time with people that lift you up
- ✿ Give yourself permission to rest
- ✿ Ask For Help - It's a sign of strength

Physical Wellness

Body - Movement - Nourishment

CHECK-IN WITH YOURSELF

- ♥ How is my body feeling?
- ♥ Am I getting enough rest?
- ♥ What does my body need today?

UWindsor SUPPORT | NOURISH YOUR BODY

Student Health Services

CAW Student Centre, Rm 242

Phone: 519-973-7002



- ✿ Eat Nourishing Food
- ✿ Stay Hydrated
- ✿ Move Your Body
- ✿ Get Enough Rest
- ✿ Take Breaks

Spiritual Wellness

Identity - Purpose - Belonging

CHECK-IN WITH YOURSELF

- ♥ What gives my life meaning?
- ♥ What makes me feel connected to who I am?
- ♥ Who can I go to for guidance?

UWindsor SUPPORT | NOURISH YOUR SPIRIT

Indigenous Student Services Centre

CAW Student Centre, Rm 179

Phone: 519-253-3000

ext 3467/3465

Email:

turtleisland@uwindsor.ca



- ✿ Talk About How You Feel
- ✿ Do Something Creative
- ✿ Spend time with people that lift you up
- ✿ Give yourself permission to rest
- ✿ Ask For Help - It's a sign of strength