

Student Wellness Guide

**SCHOOL OF
PUBLIC HEALTH**





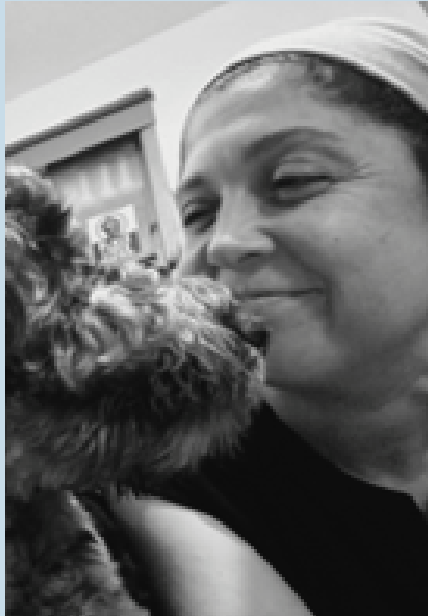
Welcome to SPH

Prioritizing your physical and mental health is important for academic success. If at any time you feel overwhelmed or in need of support, please reach out to staff or faculty. Communication is important to make sure you are accessing the resources and supports available to you.



SPH Wellness Resources

A variety of resources are available throughout UIC to help meet your wellness needs



MICHELE RODRIGUEZ TAYLOR, MSSW, LSW, GCDF

ASSISTANT DIRECTOR OF INTERNSHIP PROGRAMS/
STUDENT WELLNESS COORDINATOR

mrtaylor@uic.edu

As the Student Wellness Coordinator at SPH, Michele is available to provide a variety of support and resources for students. Whether it's help coping with stress, navigating life's challenges, or connecting you with outside resources, Michele is here to help.

Michele is a licensed social worker, is a certified mindfulness meditation instructor, and a Mental Health First Aid instructor. She oversees the wellness programming at SPH and serves as the staff representative for the health sciences Student Mental Health Taskforce.



SPH WELLNESS WEBSITE

Our Wellness website is a curated list of resources designed to address a variety of student needs. You'll find links to emergency funding and food, SPH wellness events, and an array of articles and resources covering everything from self-care & resilience to navigating family dynamics, money management, and more. This site is also where you'll find our annual SPH wellness music playlist.



UIC COUNSELING CENTER

For students seeking counseling, group therapy, crisis services and more, the Counseling Center may be a good resource to explore. Visit their website to access a variety of resources, workshops, and a list of services. **Please note that some services are limited to those students living in Illinois.*

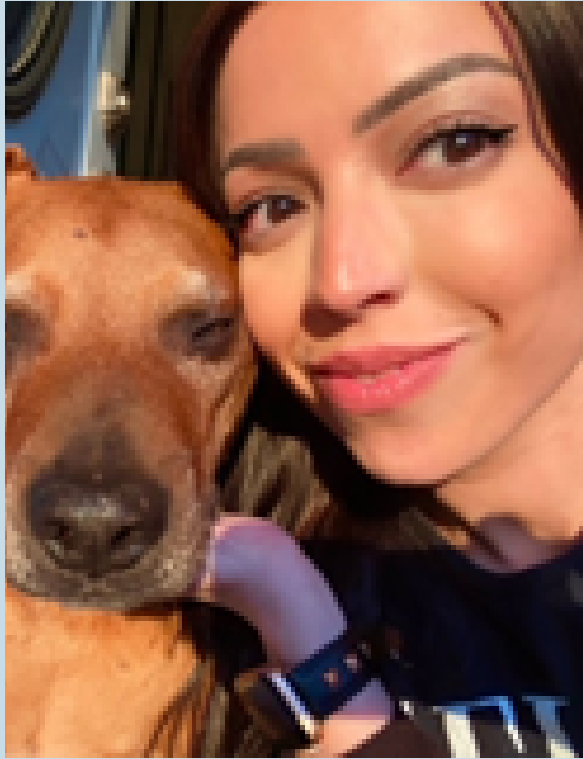


UIC WELLNESS CENTER

The Wellness Center provides services that promote healthy attitudes and behaviors, empower students to make informed choices, and enhance holistic well-being. They offer workshops, provide wellness coaching, and manage the UIC Pop-Up Pantry.

SPH Wellness Team

Our Office of Student Affairs staff can assist you on a variety of topics to meet your wellness needs



CLARÍ GOMEZ

ASSISTANT DIRECTOR OF ACADEMIC PROGRESS AND RETENTION
cgomez20@uic.edu

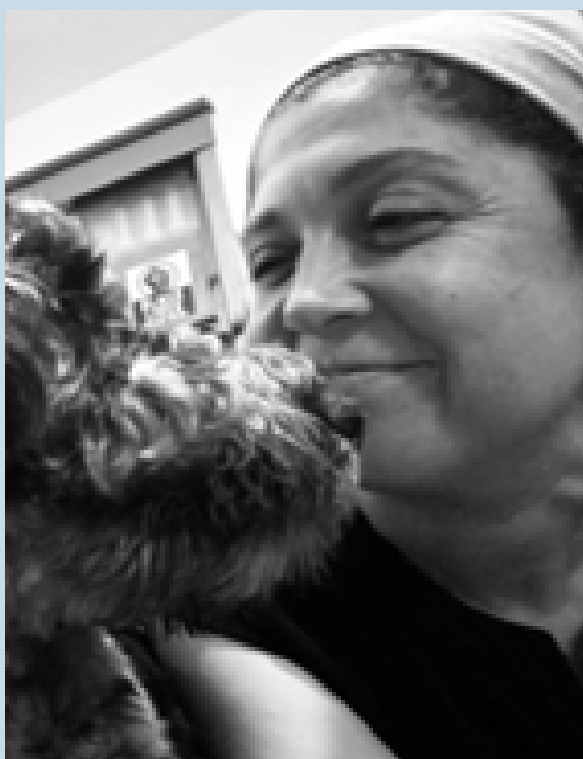
Clarí is available to provide academic support and guidance to students. With the objective of helping you achieve your academic goals, Clarí is here to help you with time management tips, study skills, and connecting you with the resources available to build academic confidence. Clarí is also a Mental Health First Aid instructor and can provide initial help and support to those experiencing mental health challenges.



LAURA ROMAN

ASSISTANT DIRECTOR OF CAREER SERVICES
roman12@uic.edu

As the primary resource for career services in SPH, Laura can assist you in all things related to career preparation- resumes, interviewing tips, job search strategies, networking, etc. Laura can also provide guidance in searching for fellowships, post-docs, and assistantships or part-time student employment.



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mrtaylor@uic.edu

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CANDACE WHITE

ASSISTANT DIRECTOR OF STUDENT SERVICES
white216@uic.edu

Financial wellness is an important aspect of overall well-being, impacting everything from mental health to physical health. Candace can assist you with student scholarship inquiries, financial aid concerns, budgeting, and emergency grant inquiries. Candace is also a Mental Health First Aid Instructor.

Take Care of Your Mental Health

Prioritize Your Well Being with These Important Practices

Stay Connected

Building and maintaining strong relationships with family and friends is essential for mental health. Regular social interaction provides emotional support, reduces feelings of loneliness, and increases overall happiness. Consider joining a student org or visit [SPH Events](#) for upcoming activities.



Prioritize Sleep

Quality sleep is essential for mental health. Aim for 6–9 hours of sleep every night to help regulate mood, improve cognitive function, and reduce stress. Establish a regular sleep routine and create a restful sleep environment free of electronics.



Practice Mindfulness

Mindfulness involves being present in the moment and fully engaging with your surroundings. Techniques such as meditation, deep breathing exercises, and mindful walking can help reduce stress and improve sleep and emotional well being. Consider attending a mindfulness session posted on [SPH Events](#).



Food Resources

SPH COMMUNITY PANTRY

- Located in SPH room 103
- Completely free and available to the SPH community
- All items are donated- selection may be limited
- Operated and managed by SPH Office of Student Affairs

SPH SHARING TABLE

- Located in the SPH Student Lounge
- Items vary by week- may include perishable and non-perishable food, toiletries, office supplies, home goods, etc.
- All items are donated by the SPH community

UI HEALTHY STUDENT DINNING PROGRAM

- Geared towards west campus students, individual dining cards provide the card holder to One (1) entree, Two (2) sides, and One (1) fountain drink at the UI Hospital-Taylor Street Cafe.
- Cards are valid M-F, 6-6:30pm and weekends and holidays from 1-1:30pm.
- Please visit SPH Office of Student Affairs staff for cards.

UIC POP-UP PANTRY

- Located on the East Side of campus
- Completely free and open to all UIC students
- Each pantry user can shop once a week as needed
- Infant formula and diapers are also available
- Operated and managed by the UIC Wellness Center



PRACTICE SELF CARE

Prioritize Your Well Being with These Simple Steps



Take Time to Relax

Take time every day to rest and relax. Whether it's by reading a book, taking a warm bath, or listening to your favorite music, give your mind and body a break from daily activities.

Connect with Nature

Take a break from studying and go outside to get a change of scenery.. Take a walk, see some trees, exercise—connect with nature in a way that works for you.



Set Boundaries

Learn to say no and set healthy boundaries for yourself. What's physically possible to do in a day is not always wise or good for your health. There will be other opportunities.

Career Closet

A PLACE TO FIND SOME BUSINESS OR BUSINESS-CASUAL CLOTHING FOR AN UPCOMING INTERVIEW, CONFERENCE OR EVENT

- Located in SPH room 103
- Completely free and available for SPH students
- All items are donated- selection may be limited
- Operated and managed by SPH Office of Student Affairs



Breathing Exercises

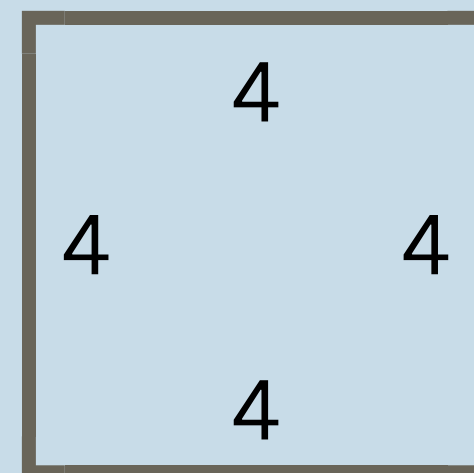
4-7-8 BREATHING

- Inhale for a count of 4
- Hold for a count of 7
- Exhale for a count of 8
- Repeat as needed

4 → 7 → 8

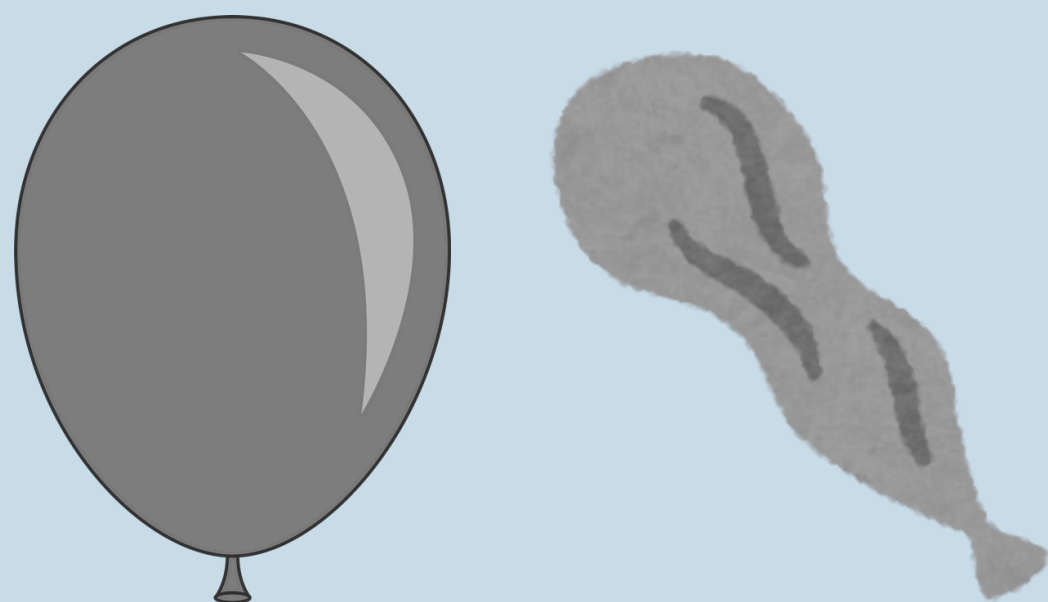
BOX BREATHING

- Inhale for a count of 4
- Hold for a count of 4
- Exhale for a count of 4
- Hold for a count of 4
- Repeat as needed



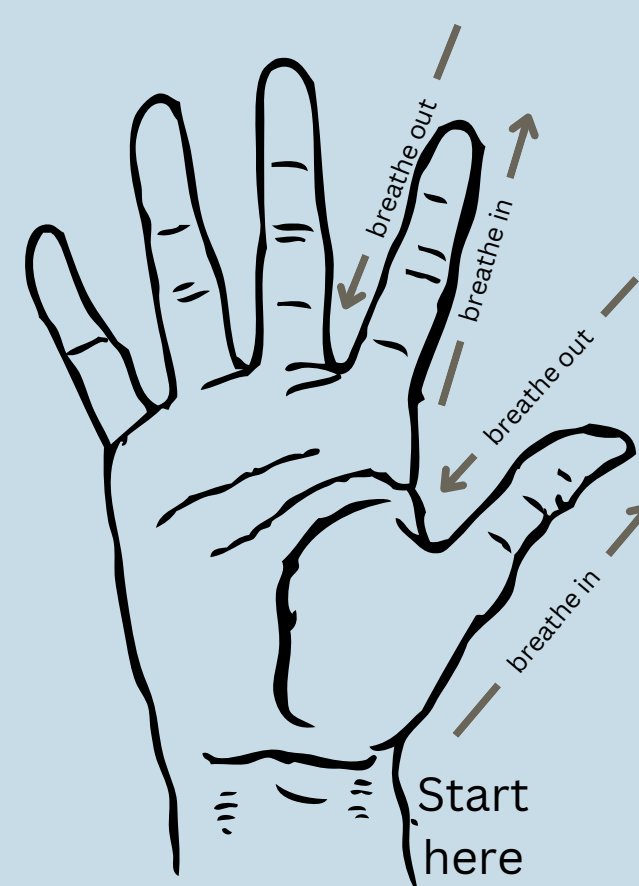
BELLY BREATHING

- Place your hands on your belly and breathe in slowly through your nose. Feel your belly expand out like a balloon. Hold your breath for 2 seconds.
- Slowly exhale all the air from your lungs as if deflating the air from the balloon in your belly. Hold your breath for 2 seconds.
- Repeat as needed.



FINGER BREATHING

- Slowly trace the outside of your hand with your index finger, breathing in when you trace up a finger and breathing out when you trace down.
- Repeat as needed.



Self-Care Planner

“Caring for myself is not self-indulgence, it is self-preservation...” -audre lorde

THINGS THAT FILL MY CUP/ BRING ME JOY/ RE-ENERGIZE ME:

- _____
- _____
- _____
- _____

THINGS I AM GRATEFUL FOR:

- _____
- _____
- _____
- _____

HAVE I HAD ENOUGH WATER TODAY?



WHEN I BEGIN TO FEEL OVERWHELMED, I WILL...

- _____
- _____
- _____
- _____

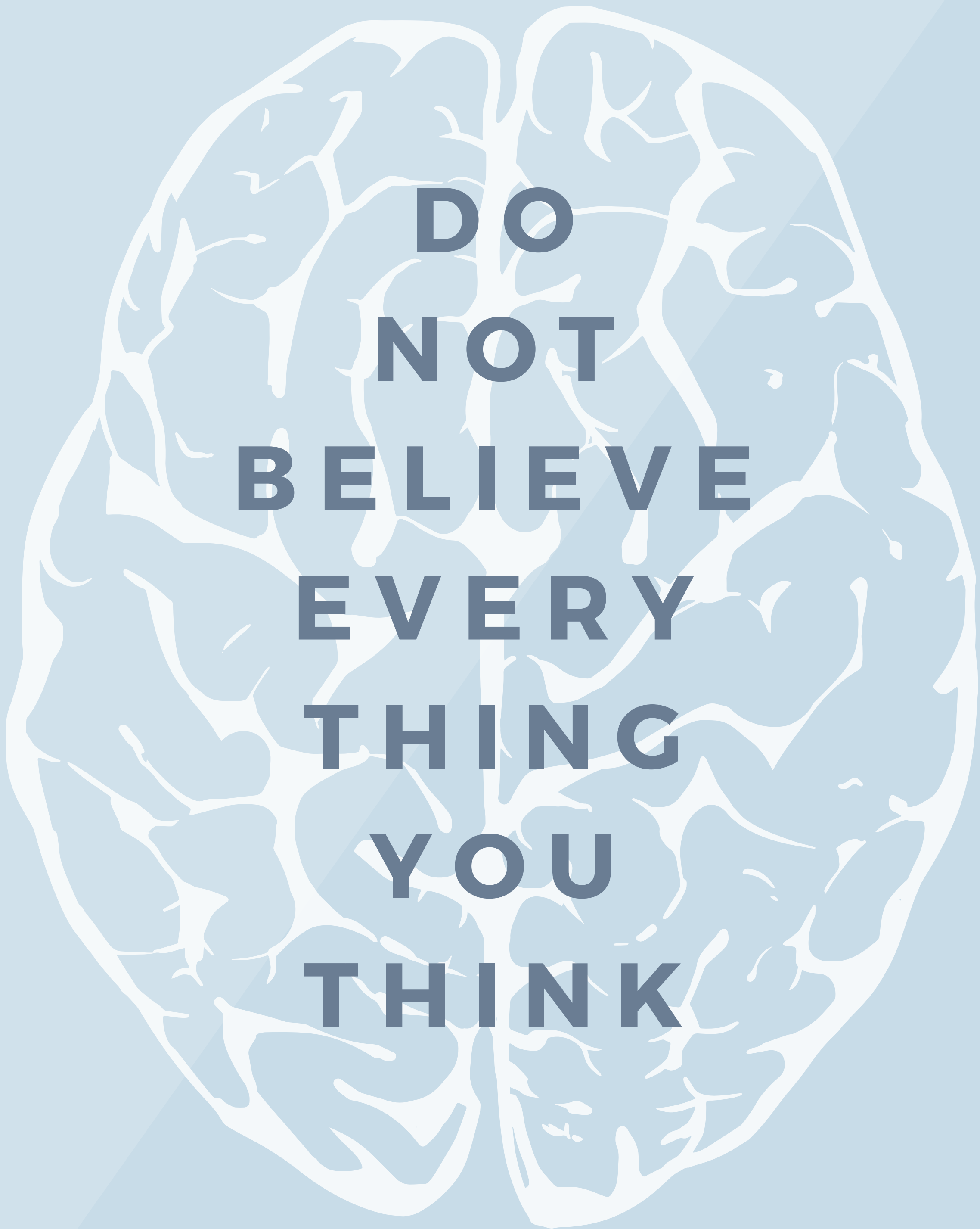
WHEN I FEEL STRESS IN MY BODY, I WILL...

- _____
- _____
- _____
- _____

WHEN I FEEL PRESSURE TO DO MORE, I WILL...

- _____
- _____
- _____
- _____

End the stigma. Reach out.



October 10 is Mental Health Day

Learn more at www.namichicago.org.

Visit [SPH Student Wellness](#) for additional resources and wellness programs