HHSP Wellness Opportunity - Mindfulness Tools

Mindfulness is the practice of being in the present, not the past or future. Use of mindfulness-based techniques is linked to reductions in anxiety, physical pain symptoms, and depression. This psycho-educational workshop will use graduated experiences and repeated practice to cultivate a greater capacity to focus mindfully on the present. These techniques can be an important component of stress management, allowing you to live your life with less turmoil. These workshops are FREE and we encourage you to attend as many as you wish.

**When:** March 1st, 22nd, 29th  
**Time:** 2pm-3pm  
**Where:** IU Health Center CAPS Floor

To learn more about the event go to: [https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1189357](https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1189357)

HHSP Wellness Opportunity - MoneySmart Wellness Wednesday

Discover your health potential in a central location on campus at Wellness at Wells, a partnership between the Health Center and IU Libraries!

Wellness at Wells offers students a chance to explore their own health and well-being with walk-in wellness assessments by Certified Wellcoaches in the Wells Library Learning Commons.

In addition to wellness assessments, other services will be offered on a rotating basis. These include FREE chair massages, biofeedback, and aromatherapy, along with nutrition, sexual health, mental health, tobacco cessation, and other various workshops.

**When:** March 1st  
**Time:** 1pm-3pm  
**Where:** Wells Library 138

To learn more about the event go to: [https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1169774](https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1169774)
Upcoming Events

HHSP Wellness Club

Join us for some HHSP physical activity. We will be having an indoor track walk/run.

**When:** March 4th, 25th  
**Time:** 10am – 11am  
**Where:** TBD  

To RSVP for the event on the 4th: [https://www.surveymonkey.com/r/PKNLJVVX](https://www.surveymonkey.com/r/PKNLJVVX)

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HHSP Wellness Opportunity - CAPS Mindfulness Based Stress Management

Mindfulness is the practice of being in the present, not the past or future. Use of mindfulness-based techniques is linked to reductions in anxiety, physical pain symptoms, and depression. This psycho-educational workshop will use graduated experiences and repeated practice to cultivate a greater capacity to focus mindfully on the present. These techniques can be an important component of stress management, allowing you to live your life with less turmoil. These workshops are FREE and we encourage you to attend as many as you wish.

**When:** March 6th, 20th, 27th  
**Time:** 10am – 11am  
**Where:** IU Health Center CAPS Floor  

To learn more about the event go to: [https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1189343](https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1189343)

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Fitness & Wellness Career Focus Fair

**When:** March 7th  
**Time:** 6pm-8pm  
**Where:** IU Memorial Union, Frangipani Room  

To learn more about the event go to: [https://careers.college.indiana.edu/blog/2017/01/23/why-you-should-still-attend-the-career-fair-even-if-you-are-not-actively-seeking-jobs/](https://careers.college.indiana.edu/blog/2017/01/23/why-you-should-still-attend-the-career-fair-even-if-you-are-not-actively-seeking-jobs/)
MARCH

Upcoming Events

The Works: Headshots, Resume Critiques, Interview & LinkedIn Tips

MAP will be hosting The Works in collaboration with the Career Development Center, MSLD, and Balfour. The purpose of this event is to provide students with professional development opportunities and to showcase some of the resources the CDC has to offer.

There will be a variety of different professional resources: headshots, one-on-one resume critiques, an interview Q&A, and a LinkedIn workshop! Please dress business casual or business professional (whichever you’d like to be wearing in your headshot) and bring an updated copy of your resume.

**When:** March 8th  
**Time:** 5pm-8pm  
**Where:** IU Memorial Union, Frangipani Room

To RSVP for the event: [https://www.surveymonkey.com/r/5JJ2LNN](https://www.surveymonkey.com/r/5JJ2LNN)

HHSP Spring Town Hall Meeting

Let your voice be heard & attend Hudson & Holland Spring Town Hall Meeting. Come share your concerns and compliments. Discuss the issues in more detail! The Hudson & Holland faculty & staff want to meet you and hear about YOUR experience!

**When:** March 22nd  
**Time:** 5pm-7pm  
**Where:** Neal-Marshall Black Culture Center, Grand Hall

HHSP Share Your Story Project

Scholars we want to feature you on the HHSP website! HHSP has created a new project that will focus on highlighting the experiences and stories that our scholars would like to share with each other and with HHSP!

To be featured on the HHSP website, all you would need to do is email Bria at davis217@umail.iu.edu to set up a time for you to get a picture or short video taken, as well as answer a couple of brief questions about the wonderful and amazing things that you are involved with and have experienced during your time with HHSP!
Get Involved

CAPS Office - Let’s Talk Program

As a student, you may confront issues in and out of the classroom that affect your ability to succeed in both your personal life and the classroom. Often it can help to talk to a willing ear. Other times, you may need more advanced help. Either way, Let’s Talk has you covered with its two programs.

- **Let’s Talk Now** is a free and confidential informal conversation with an emphasis on self-understanding and finding solutions to your problems. In addition to your walk-in conversation, Let’s Talk Now connects you to other accessible campus resources, both informal and formal.

- **Let’s Keep Talking** is for when you do need more than just a friendly chat. Professional counselors are available to meet and address any more complex issues.

CAPS Office - Wellness Opportunities

It includes learning how to:

- Eat healthy foods to fuel your body
- Be physically active
- Control your weight
- Get enough sleep
- Enjoy good relationships with friends and romantic partners

Ask us anything. Yes, even that. You’re probably living away from home for the first time. A lot of the decisions your family used to make are now up to you. We can help. We are, first and foremost, educators. We’re here to answer any questions you have and give you the information you need. And we offer free programs on everything from eating a healthy diet to choosing the right birth control. Learn more about our services.

HHSP Student Organization Opportunities

Seeking to become more involved in the campus community? Get connected with one of the student groups through HHSP; engage in activities which foster leadership development, civic engagement, and social wellness. Below is a list of HHSP student groups and contact information for further details:

- HHSP Student Ambassadors, for more information contact Associate Director Jennifer Poe (jeapoe@indiana.edu)
- HHSP Link, for more information contact Student President Lexi Castaneda (alexcast@umail.iu.edu)
- HHSP Read to Succeed, for more information contact Student Representative Alex Eady (aceady@indiana.edu)
February Event Recap

Cocoa & Canvas

Thank you all who attended of first Cocoa and Canvas event on February 23, 2017. Led by Graduate Assistant Bria Davis and Program Advisor Precious Majors, this event was designed to engage your creative and artistic spirit. We had an awesome experience expressing ourselves through art entertainment (regardless of expertise level) while relieving some semester stress! Look forward to seeing you all at the next event! Checkout the photo gallery and video from the Cocoa and Canvas event.

HHart 2017 Showcase

HHart Celebration of the Arts Showcase celebrated a fabulous turnout of 270 guests on the balmy evening of February 17. Artists and performers mingled throughout the main level of the Hutton Honors College enjoying tasty hors d’ouerves, sounds, sights and comradery. The talents of our Hudson & Holland scholars was impressive. Those gifted artists included Olivia Martinez, Francisca Figueroa, Eries Smith, Bethany Stoller, Kudakwashe Tshililiwa, Elijah Pouges, DaiChelle Weatherly, Kerrigan Smith, Willie Henderson, Emily Linz, Maggie Crady, Manuel Garcia, Adefolarin Alade, Alexis Doan, Brandon Newson, Emily Tatum, Yazmeen Maduro, Kenlynn Albright, Alice Joson, Emily Linz, Aish Thamba, Christopher Dillon and Chayla Young, and Curtis Hill.

To see all the pictures from the event, go to: http://www.indiana.edu/~hhsp/Pictures.html

Emily Tatum: Say, It's Crowded in Here

Chayla Young: All Seeing Shawty
Before you know it, winter will be over and spring will arrive. During this time, we typically clean out our homes, rooms, and physically de-clutter our lives. This March, let’s take this up a notch! Take this time to de-clutter our thoughts, emotions, and physical spaces. Let’s do away with unproductive thoughts and patterns, which have us stuck. Instead, let’s move forward with a clear, motivated purpose.

Remember to stay tuned for more announcements and sign-ups through canvas and our HHSP Wellness bulletin board!

Helpful Information!

Meditation

Meditation is a great way to de-clutter your thoughts. This month, take advantage of the mindfulness resources at the IU Health Center as you bloom into spring!

Almost There!

The arrival of spring also brings the end of the school year. Use this season to rejuvenate and renew your zest for learning so that you can finish out strong!

Inspriational Quote

“Bloom where you are planted.”
– Anonymous

Spring Wellness Information: CAPS Schedule

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<thead>
<tr>
<th>Rep: Jessica David</th>
<th>Rep: Kenio Miller</th>
<th>Location</th>
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<tbody>
<tr>
<td>Time: 5:30-7:30pm</td>
<td>Time: 5:30-7:30pm</td>
<td>Neal Marshall Black Cultural Center (NMBCC)</td>
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