

your future

At the "root" of wellness, aligning your identity and values to make easier choices to support overall wellness

MIND-BODY

Prioritize a balanced diet, consistent exercise, and quality rest

Practice mindful moments

SOCIAL

Get involved on campus

Build at least 1-2 close friendship

SPIRITUAL

Seek your life purpose

Embrace who you are



Durke STUDENT WELLNESS CENTER

ARE YOU A GRADUATE STUDENT OR POSTDOC, AND READY TO IMPROVE YOUR WELLNESS?

* G for graduate students ONLY, P for postdocs ONLY.

I'd like to interact with nature and make more sustainable choices. Duke Gardens The Murphy-Nimocks Meditation Garden Duke Forest Duke Lemur Center

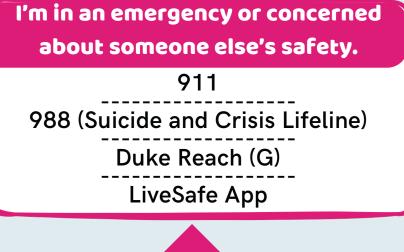
I'd like to learn some fun things/new skills.

Innovation Co-Lab Roots Classes DukeCreate Workshops Emerging Leaders Institute Individual Development Plan Professional Development Opportunities

I need some

spiritual supports.

Chaplain Services The Congregation at Duke Chapel Duke Islamic Studies Muslim Life at Duke Jewish Center for Life Duke Catholic Center





I'd like to learn more about finances and planning for my future.

Personal Finance @ Duke Financial Support and Funding (G) I want to make healthier choices and improve my mental/emotional wellbeing.

Duke Recreation DuWell Moments of Mindfulness Nutrition Resources & Information (G) Duke Live for Life Health Coaching (P) Nutrition Consultations (P)

I'd like to get more involved in social events and make new friends on campus.

Duke Music Performances Duke Wellness Center Workshops Duke Events Calendar Duke Farmer's Market Duke Postdoc Buddy Program (P)

I'm struggling with my mental health.

CAPS (G) Blue Devils Care (G) DukeLine (G) TimelyCare Personal Assistance Services (P)

