



Duke
UNIVERSITY

STUDENT
WELLNESS
CENTER

WELLNESS:

CHANGE YOUR HABITS, CHANGE YOUR LIFE

students.duke.edu/wellness/

ENVIRONMENTAL

Be mindful of our impacts

Preserve and protect the
natural world

INTELLECTUAL

Seek to learn

Be open to new challenges

FINANCIAL

Use a realistic budget

Set foundations to plan for
your future



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

IDENTITY, VALUES, & CHOICES

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



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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'm in an emergency or concerned
about someone else's safety.**

911

988 (Suicide and Crisis Lifeline)

Duke Reach (G)

LiveSafe App

**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 learn some fun
things/new skills.**

Innovation Co-Lab Roots Classes

DukeCreate Workshops

Emerging Leaders Institute

Individual Development Plan

Professional Development Opportunities

**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 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 NEED
HELP!**

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

Personal Finance @ Duke

Financial Support and Funding (G)

**I'm struggling with my
mental health.**

CAPS (G)

Blue Devils Care (G)

DukeLine (G)

TimelyCare

Personal Assistance Services (P)

