Go Outside

With fewer hours of sunlight, the days may feel shorter. Prioritize getting outside a few minutes each day to increase your energy and uplift your mood.

Look Who’s Walking

As the seasons change, make it a priority to take a walk. Regular walking improves your heart health and helps you maintain a healthy weight. Each day, try to get 10,000 steps or more.

Relationships and Communication: Ready for Winter?

If you are returning home or traveling for the winter holidays—or you’ve been home due to the pandemic—spending day after day with family members and friends can be challenging. The Counseling Center’s weekly “Relationships and Communication” workshop offers best practices for keeping your relationships healthy. Just in time for a long winter break, the Dec. 9 workshop, “Managing Conflict and Setting Boundaries” will examine healthy and unhealthy conflict, explore strategies for setting boundaries, and share tips for conflict resolution. Register to join the workshop.