



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Student Wellness Center Overview

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Location

- **Main Suite –RPAC**
- **Wellness Coaching and Peer Access Line – PAES**
- **Collegiate Recovery Community – 095 Baker Hall**
- **Buckeye Food Alliance – Lincoln Tower, Room 150**

Visit our website to learn more about our hours of operation, which vary by location.



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Student Wellness Center

Contact Information:
swc.osu.edu
wellness@osu.edu
614-292-4527





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Student Wellness Center

**All of our services
are FREE and
PRIVATE**



The Student Life Student Wellness Center supports **all** Ohio State students as they work to live happier and healthier lives.

PROGRAMS AND SERVICES INCLUDE:

- Alcohol and Other Drug Prevention Services
- Buckeye Food Alliance
- Collegiate Recovery Community
- Condom Club
- Financial Coaching
- HIV/STI Testing
- Nutrition Coaching
- Peer Access Line
- Relationship Education and Violence Prevention
- Student Civility Program
- The Body Project
- Wellness Ambassadors
- Wellness Coaching



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HOLISTIC WELLNESS



“Wellness is an active, ongoing process which involves becoming aware of and taking steps toward a healthier, happier, successful life.”

The Ohio State University
Student Wellness Center



9 DIMENSIONS OF WELLNESS



Career



Creative



Emotional



Environmental



Financial



Intellectual



Physical



Social



Spiritual



Wellness is INTERCONNECTED

This means
that focusing
on any dimension
can benefit
your whole life.





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STRESS AND SELF CARE



STRESS-

Stress is the brain's response to any demand. Many things can trigger this response, including change. Changes can be positive or negative, as well as real or perceived. They may be recurring, short-term, or long-term, and harmless or harmful.



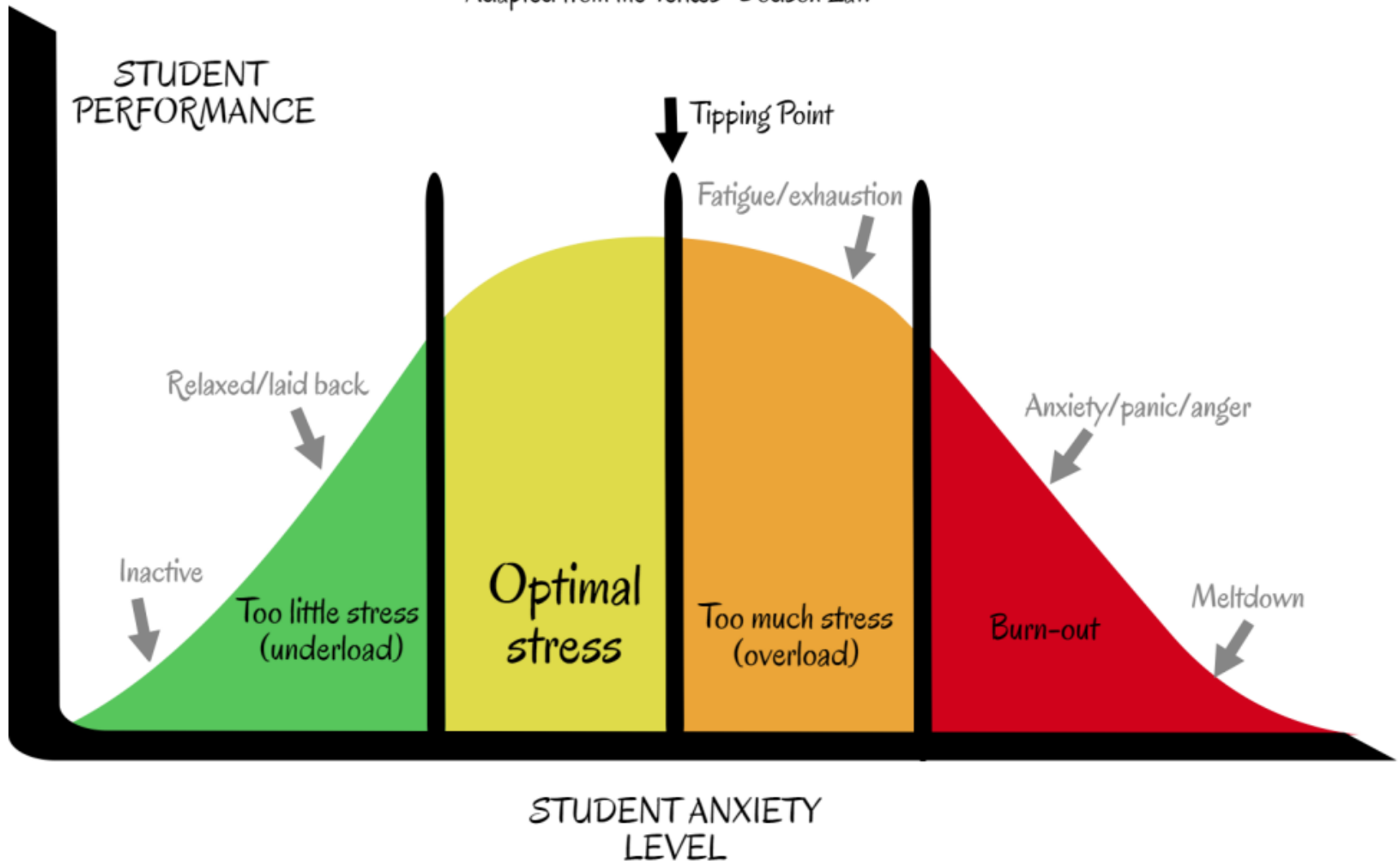
What is Stress?

- **Our mental/physical response to challenges**
- **We all exhibit stress differently**
- **Positive stress = eustress**
- **Negative stress = distress**



Performance Anxiety Curve

Adapted from the Yerkes-Dodson Law





**We can't control if
stressful events
happen, but we can
control how we
respond.**



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TIME MANAGEMENT



How to Manage Time:

1. Prioritize Tasks

- a. Urgent vs. Important vs. Not important

2. Control Procrastination

- a. Structure time
- b. Break up large tasks
- c. Create short-term deadlines
- d. Avoid perfectionism

3. Manage Commitments



Generosity Burn Out

Where Are You On the Generosity Spectrum?

TAKERS see every interaction as an opportunity to advance their own interests. They will run you ragged if you don't protect yourself. But you can get better at spotting takers if you know what clues to look for: They act as if they deserve your help, and they don't hesitate to impose on your time.

MATCHERS trade favors evenly. They can give as good as they get, but they expect reciprocity. Matching is a transactional, defensive stance — it adds less value for both you and others, but it can be helpful when you're dealing with a taker.

SELF-PROTECTIVE GIVERS are generous, but they know their limits. Instead of saying yes to every help request, they look for high-impact, low-cost ways of giving so that they can sustain their generosity — and enjoy it along the way.

SELFLESS GIVERS have high concern for others but low concern for themselves. They set few or no boundaries, which makes them especially vulnerable to takers. By ignoring their own needs, they exhaust themselves and, paradoxically, end up helping others less.



Some Tips for Confronting Generosity Burn Out

- Say yes when it matters most and no when you need to.
- Align your generosity with your strengths and interests to conserve energy
- Find ways to distribute giving across your organization/department/university—be mindful of multicultural considerations!
- Practice Self Care
- Look to help multiple individuals with one act
- Chunking vs. Sprinkling
- Be mindful of "takers" and work with them to balance the workload—it's also okay to avoid them at times to preserve your own energy!



How to set boundaries...

1. Don't try to please everyone

- Especially if it leads to anger and resentment

2. Make a mantra

- Example: "Choose discomfort over resentment"

3. Keep a resentment journal

4. Rehearse

- Practice saying "no" – "My plate is too full right now."



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SELF-CARE



Stress Toolkit

- 1. Finding your flow**
- 2. Mindfulness**
- 3. Cultivating gratitude**



Flow Basics

- **High level of concentration**
- **Balance between skills and challenge**
- **Effortlessness**
- **Time flies**
- **Having fun!**



Mindfulness Basics

- **Mindfulness is one type of meditation**
- **“Paying attention in a particular way:
On purpose, in the present moment,
and non-judgmentally” (Edenfield &
Saeed, 2012)**



Gratitude

“Gratitude is the mental tool we use to remind ourselves of the **good stuff. It’s a lens that helps us see the things that don’t make it onto our lists of problems to be solved. It’s a **spotlight** that we shine on the people who give us the good things in life.” – **Jeremy Adam Smith****



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HOLISTIC WELLNESS RESOURCES



Take the **WELLNESS** **ASSESSMENT** *for a Chance to Win*



During the month of October take the Wellness Assessment for a chance to win a Fitbit, \$25, \$50, or \$75 in BuckID Cash.

Visit go.osu.edu/WA to get started!





Ohio State Wellness App

- Explore
 - Support
 - My Wellness
 - Crisis
-
- Free to download in the app store for both iOS and Android products



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MENTAL HEALTH RESOURCES



WELLNESS COACHING

Wellness Coaching provides the tools needed to create the life you want to live.

Wellness Coaching may help you with stress management, navigating transitions, improving confidence and more.

go.osu.edu/wellnesscoaching



Counseling vs. Wellness Coaching

Counseling	Wellness Coaching
Counseling is a service that supports college students by providing effective treatment for mental health concerns.	Wellness Coaching is a service that supports college students by enhancing holistic wellness, health, and success through empowering conversations about strengths and goals.
Counseling center staff are licensed mental health professionals and are a confidential resource.	Wellness Coaching staff are graduate and upper-level undergraduate students who have participated in training as wellness coaches. While these conversations are private, they are not confidential.
Counseling staff collect information about you and your concerns and work with you to decide how to best address them. Counseling staff will come alongside you on your journey toward resolving or managing these concerns.	Coaches believe you are the expert that you need, and help you to identify and trust your distinctive voice so that you can make decisions that are most appropriate for your preferred outcomes.



How to schedule a Wellness Coaching Appointment

STUDENT **WELLNESS** CENTER



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Check out what's happening in Student Life



About Us

Services

Programming and Outreach

Get Involved

For Partners

Contact Us



Services

Alcohol, Tobacco and Other Drug Prevention

Buckeye Food Alliance

Buckeye Peer Access Line

Collegiate Recovery Community

Financial Education

Nutrition Education

Relationship Education and Violence Prevention

Sexual Health

Student Civility Program

Body Project

Wellness Coaching

Schedule an Appointment

Team

Presentations

Schedule an Appointment

Please use this link to schedule an appointment: <https://swc.osu.edu/secure/appointments>

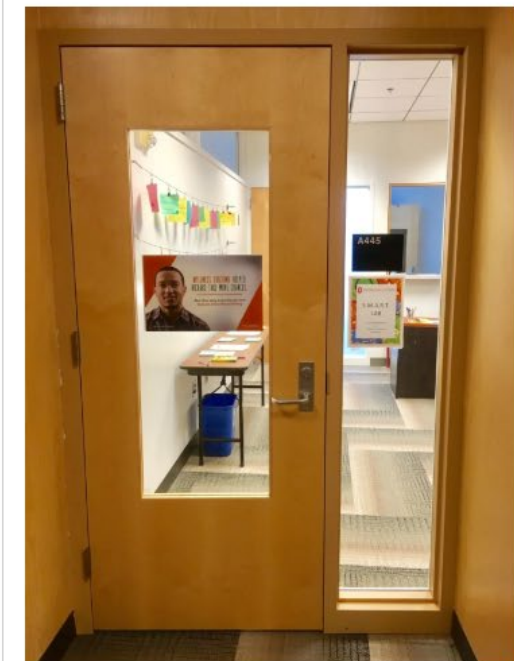
What to Expect:

- You will meet one-on-one with an extensively trained volunteer Wellness Coach, who is an undergraduate or graduate student.
- Intake sessions will last one hour. Your Coach will ask questions to get to know you and then help you identify goals using the 9 Dimensions of Wellness and your top strengths.
- Ongoing sessions will last 45 minutes. Your Coach will provide encouragement and a nonjudgmental space to discuss your goal progress.

Location

Wellness Coaching services are located in the Physical Activity and Education Services (PAES) Building, Suite 445, attached to the RPAC by the Scarlet Skyway.

Questions?



Main Entrance



Need to talk? Call a **BUCKEYE PAL**

*The Buckeye Peer Access Line
(PAL) is a non-emergency talk
line with student volunteers who
provide peer-to-peer assistance.*

Call us at 614-514-3333 go.osu.edu/BuckeyePAL





Hotline vs. Buckeye PAL

Crisis Hotline

Crisis Hotline is a 24/7/365 service that assesses suicide risk and will help callers in high distress and emergency situations.

Crisis Hotline staff are trained to listen, assess suicide risk and give support to callers in high distress.

Crisis Hotline is a confidential service and works with the caller to reduce risk of harm to self or others. They will provide information and assistance to relatives, friends, co-workers and others who are concerned about a suicidal individual.

Buckeye Peer Access Line (PAL)

Buckeye PAL provides accessible, peer-to-peer support that promotes and enhances student development, wellbeing and a community of care after hours.

Buckeye PAL volunteers are graduate, professional and undergraduate students who have participated in comprehensive and specific trainings. Volunteers serve as a support system for their peers and will refer them to appropriate resources.

Buckeye PAL volunteers practice active listening skills and are available to simply talk. What you tell a volunteer is generally private. Volunteers will not disclose any information about a client's identity or situation. However, in circumstances where an individual is in immediate and severe danger, confidentiality is not maintained. Additionally, Buckeye PAL volunteers are mandatory Title IX reporters and will report instances of sexual assault, sexual harassment, domestic/dating violence, stalking, sex- and gender-based discrimination and pregnancy discrimination.



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QUESTIONS?



Thank You!

**Student Wellness Center
RPAC Room B130**



OSUwellness



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**We empower students to strive for balance and
wellness.**