

# WELLNESS COURSE MENU

different flavors of combined physical activity/discussion courses that each provide a tasting menu of skills to nourish your **mind, body, relationships, & purpose** (and yes, even count towards the GIR!)



## MEDITATION

variety of meditation techniques to promote mindfulness, self-awareness, & connection, and to identify a practice that works for you



## STRESS MANAGEMENT

focus on bedtime routine planning and developing one's stress profile, to cognitive reframing, imposter syndrome, and more



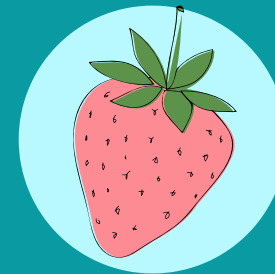
## RESILIENCY

topics include identifying one's core values + character strengths, the awesomeness of failure, developing positive emotions, and more



## HEALTHY FINANCE

focus on creating a budget, credit cards, hacks on saving money, building credit, how to pay off loans, and more



## NUTRITION

topics include the importance of fruits and vegetables, protein, hydration, heart healthy fats, as well as a review of fad diets, mindful eating, and more



## HEALTHY RELATIONSHIPS

from romantic partners to friendships to family, topics include active listening, identifying abusive, healthy, and unhealthy behaviors, one's definition of love, and more