



Health Hub

Student Health Center [April Issue: 7]

www.health.uni.edu

Student Wellness Services

SPRING INTO EXERCISE // How exercise affects our eight dimensions of wellness

INTELLECTUAL



- Increases memory retention
- Improves physical activity skill set
- Increases productivity
- Improves judgement and decision-making

EMOTIONAL



- Increases memory retention
- Improves physical activity skill set
- Increases productivity
- Improves judgement and decision-making

SPIRITUAL



- Helps you connect with your purpose
- Provides space to create intention (eg. yoga, meditation)
- Promotes mindfulness in the present moment

ENVIRONMENTAL



- Increases exposure to sunshine
- Increases oxygen intake
- Increases enjoyment of weather and seasonal changes

FINANCIAL



- Increases quality of life
- Decreases risk of chronic diseases that may require expensive surgery or medication
- Provides an individual or social activity that is free

OCCUPATIONAL



- Helps balance work/life/class demands
- Provides an alternative route to class or work
- Improves posture at desk jobs
- Decreases low back pain and risk of work-related injuries

SOCIAL



- Provides opportunity for connection with others
- Allows a space for competition (eg. intramurals, team sports)
- Increases self-esteem confidence to initiate with others

PHYSICAL



- Increases cardiovascular health
- Improves sleep
- Maintains muscles

DE-STRESS DAYS // APRIL 29-30 & MAY 1 // 11AM- 2PM // MAUCKER UNION BALLROOM

There will be mini massages, therapy dogs in-training, coloring/ crafts, walking meditation and more! Students can contact Joan Thompson, Health Promotion Coordinator, at joan.thompson@uni.edu for more information.



@UNI_SWS



Student Wellness Services



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Student Health Clinic



@UNI_SHC



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UNI Student Health Clinic

APRIL IS NATIONAL STD AWARENESS MONTH

You can make an appointment at the Student Health Clinic between 8 AM-4:30 PM Monday through Friday for STD testing. Testing for chlamydia and gonorrhea is free and confidential. You can also make STD testing a part of your routine physical checkups to make sure your body is working the best it can be. To schedule an appointment, call the Student Health Clinic at (319) 273-2009.

UNI Student Health Clinic	(319) 273-2009
<ul style="list-style-type: none">• Must be a current UNI student• FREE & confidential gonorrhea and chlamydia testing	
Allen Women's Health	(319) 235-5090
UnityPoint LGBTQ+ Clinic	(319) 222-2710
Planned Parenthood of the Heartland	(877) 811-7526
Black Hawk County Health Department	(319) 291-2413

JOIN A GROUP TODAY

Counseling Center

Did you know that free **anxiety, processing, and grief groups** are available to meet with others who are going through something similar? Build connection here at UNI! Here are the reasons why!

1

Meet new friends

2

Be in a safe and supportive place

3

Learn new perspectives, resources, and relate to others

4

Experiment with new ideas, behaviors, and ways of being

5

Learn more about yourself and process emotions

6

Get into a group right away!

7

Connection with others: Research shows it can increase happiness, fight stress, and help you feel like you aren't alone with what you are going through



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UNI Counseling Center



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