

Holistic Methods to Improve

Well-Being

Holistic health focuses on an individual as a whole. Below are examples of holistic interventions that can be utilized by students:



Yoga



Meditation



Aromatherapy



Massage



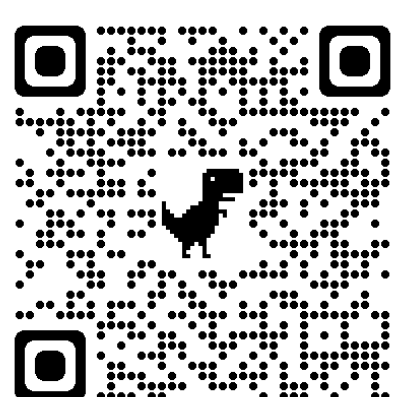
Music therapy



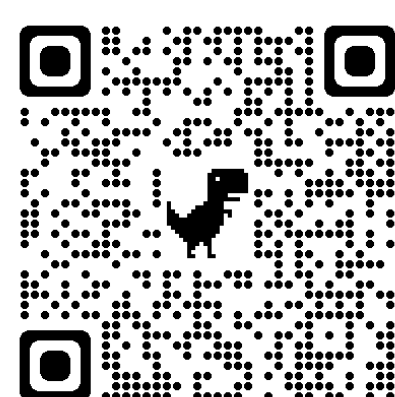
Participating in your favorite self-care activity

Scan the QR codes below for some example resources:

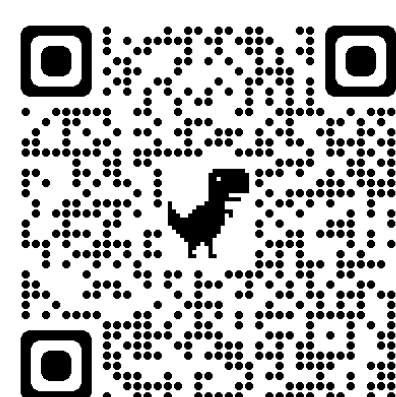
Calm App



Yoga with Adrienne



Aloe Bud



Aromatherapy Info

