

Maintaining Your Wellbeing

[Charletta Sims Evans](#)

Associate Dean for Student Affairs



Tips for Wellbeing

Set a budget for groceries and shop the sales for healthy foods. Take the time to meal prep for the week so you can have a healthy meal ready when you're thinking about ordering from Grubhub.

Set a consistent sleep schedule for yourself and stick to it, even if it means signing off your email. Getting 7-8 hours of regular sleep will make you an infinitely better student when you are awake.

Schedule physical activity into your schedule (even a 10- minute brisk walk counts!) and treat it like a meeting with your faculty mentor or academic coordinator. That means you don't reschedule or miss it for anything!

Find healthy, fun ways to manage your stress (e.g., mindfulness or meditation, exercise, painting, journaling, chatting with a friend). **Attend a Wellbeing Wednesday event!**

Work on finding a what a good work/life balance means for you.

Be assertive with your self-care. Only you know what your work/life balance looks like and how to best manage your stress. Try your best to advocate for yourself to get the balance you need.

Cultivate a meaningful and supportive network.

Remember that graduate school is temporary.

Get professional help when you need it.



Wellbeing at Gillings

- [CJs' Cupboard](#)
- [Culture of Health](#)
- [Embedded CAPS Counselor](#)
- [Job Portal](#)
- Student Mental Health and Wellbeing Task Force
- [Student Relief Funds](#)
- Student Wellbeing Coordinator
- Wellbeing Wednesday Events
- Wellbeing Website (*coming soon*)

Wellbeing at the University

- [Accessibility Resource Services](#)
- [Campus Health](#)
 - Medical appointments
 - Pharmacy
- [Campus Recreation](#)
 - Aquatics facilities , gym and climbing wall and exercise classes
- [CAPS](#)
 - Individual and referral coordination
 - Group Therapy
 - Multicultural therapy
- [Dean of Students](#)
 - Student Emergency Fund
 - Student Veterans
- [Graduate School](#)
 - Grad Café
 - Wellness Festivals
- [Mental Health First Aid](#)
- [Peer2Peer](#)
- [UNC Student Wellness](#)
 - Wellness Coaches
 - Substance Abuse Support

Culture of Health

Rhoda Cerny, *Co-Champion*

Dept. of Environmental Sciences & Engineering

Arpitha Divakar, *Co-Champion*, Gillings Business Office

Kira Jones, Dept. of Environmental Sciences & Engineering

Maija Leff, Dept. of Health Behavior, OHR Total Wellbeing

Maria Martinez, Dept. of Environmental Sciences & Engineering

Julie McManus, Gillings Facilities Office

Angie Ross, Dept. of Environmental Sciences & Engineering



Gillings CAPS Embedded Counselor

Claudio Caceres Araya, MSW, LCSW

Certified Mental Health First Aid

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Student Wellbeing Coordinator

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Q and A

Have a great first semester!!

