



Health Promotion & Wellness Services

# WELLNESS TOOLKIT



DIVISION OF  
STUDENT AFFAIRS

UNIVERSITY HEALTH CENTER

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## WELLNESS SCAVENGER HUNT

This scavenger hunt is designed to familiarize you with the various wellness resources on campus. Clues include departments and unique spaces on campus. Teams will get points for every clue they get correct and additional points for documenting that they visited the actual location!



### ALCOHOL 101

This pre-recorded presentation is a crash course about alcohol use and harm reduction which explores: An introduction to the topic, laying the foundation, possible harmful outcomes, harm reduction strategies, fostering a caring community, and campus resources.

### ALCOHOL & CANNABIS 101

This pre-recorded presentation is a crash course about alcohol use and harm reduction which explores: An introduction to the topic, laying the foundation, possible harmful outcomes, harm reduction strategies, fostering a caring community, and campus resources.

*Click on description title to view the full lesson plan*



## **STRESS 101**

This series of videos is meant to help students expand their knowledge and understanding of stress and how to manage it. The presentation is broken down into four shorter videos including: Wellness and the connection to student life, Stress and how understanding it can make a difference, Stress management and finding what works for you, and Community resources.

## **SELF CARE FORTUNE TELLER ACTIVITY**

This activity is meant to encourage students to think about self-care and the myriad of self-care strategies they use (or will use) to support themselves throughout their college experience. Having a personalized list -- or in this case fortune-teller -- of self-care practices can be a helpful tool for maintaining a self-care routine even when times are tough. Note: this activity can be facilitated with or without technology.

## **MENTAL HEALTH 101**

This presentation is a crash course on mental health and provides some simple tips for caring for yourself and those around you. The presentation is broken down into several shorter videos that cover: mental health and mental illness, college health statistics, signs of distress, and How to help a friend.

*Click on description title to view the full lesson plan*

## **THE PLEASURE GAP PODCAST**

Dive into one of our [Any Questions podcast](#) episodes, [The Pleasure Gap](#), where Maggie and Nick explore media's representation of pleasure in our society, share their and their friends experience with the pleasure gap, our current sex education, and how we can be better sexual partners.

## **TRUE OR FALSE? THE SEXUAL HEALTH EDITION**

This game quizzes students on Sexual Health knowledge using a True or False format. This can be played in teams or individually. This can be facilitated with technology (projected slides) or without technology (reading the prompts).

## **SEXUAL HEALTH 101**

This pre-recorded presentation is a crash course in sexual health and explore: Sexuality and Sexual Health, Consent and Communication, Sexually Transmitted Infections (STIs), Pregnancy Prevention, Safer Sex, and Campus Resources.

## **BIRTH CONTROL Q&A**

This Birth Control Q & A was recorded as part of Sex Week at Maryland on April 14, 2020. This presentation includes nine shorter videos, each covering one student generated FAQ, with a total run time of about 20 minutes.

## **QUEER SAFER SEX WORK SHOP**

This Queer Safer Sex Workshop was recorded as part of Sex Week at Maryland. This presentation includes five shorter videos with a total run time of about 40 minutes. Topics covered include: Sexuality and Sexual Health, Consent, STIs and Safer Sex, Sex During a Global Pandemic, and On and Off-Campus Resources.

## **SAFER SEX SUPPLIES REQUEST, STORAGE, & DISTRIBUTION GUIDE**

This resource guide is designed for faculty, staff, and student leaders to better understand the value of making safer sex materials accessible in their spaces, how to request bulk safer sex supplies for their classrooms or groups, how to store and distribute them among their students and members, as well as directing them to critical resources to share with students regarding proper usage and other University Health Center services.



*Click on description title to view the full lesson plan*



## **GUIDED MEDITATION**

Settle in and enjoy a pre-recorded meditation from University Health Center staff. This meditation practice is customizable, allowing facilitators to choose the length of time spent on the practice itself, along with guidance on how to lead an optional follow-up reflection. This meditation works well as a stand-alone wellness session, or as a complement to any class lesson plan or meeting agenda.

## **LATE NIGHT SNACKING**

Late night snacking is often deemed “bad” by many college students but in reality a late night refueling is often a good thing and can lead to better sleep, better grades and more energy the next day. Read and discuss a Peer Nutrition Coach’s blog post to better understand how to get the most out of your nighttime (anytime) snacks!

## **EATING YOUR WAY THROUGH COLLEGE**

This pre-recorded presentation guides students through the many challenges of eating in college. It includes a Diet Myth Quiz and an opportunity for the student to practice building a nourishing meal and snack using foods found on campus. Students will acquire a new understanding of how the foods they put in their body affects academic success.

## **SOCIAL MEDIA BREAKS 101**

This lesson plan is meant to help students understand the advantages and disadvantages of frequent social media use. Using this social media break tool, participants will assess their own dependence on social media using the Bergen Social Media Scale, engage in reflection activities and discussions, and set new goals around their social media usage.

*Click on description title to view the full lesson plan*



# Health Promotion & Wellness **SERVICES**

- Meditation
- STI Testing
- Wags for Wellness
- Safer Sex Materials
- Thriving Thursdays
- Any Questions? Podcast
- Peer Nutrition Coaching
- Individual Wellness Consultations

[health.umd.edu/hpws](https://health.umd.edu/hpws)

## We'd love your feedback!

Every semester we will review your comments to continuously improve the tool kit.

[Complete the survey.](#)



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