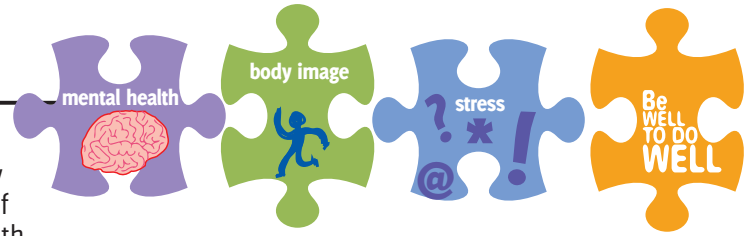


mind + body awareness week

@ Cal October 24-28, 2011



This week is dedicated to helping students learn the importance of the connection between the mind and body and physical and mental health. We'll focus on a variety of aspects of health, including food, body image, sexual health, self-care resources, and campus health services.

mon 10/24 tue 10/25 wed 10/26 thu 10/27 fri 10/28

<p>NATIONAL FOOD DAY "Eat Real, Eat Whole Grains"</p> <p>HIGHLIGHTS:</p> <p>Food Day Picnic Campanile Lawn 12-1:30pm WalkGreen Walk to The Local, then picnic</p> <p>The Local Produce Stand Sproul 11am-2pm</p> <p>Cal Dining Food Showcase Crossroads 5-8pm</p>	<p>TANG TUESDAY @ Sproul 10am-2pm</p> <p>Stop by and talk to Tang staff and peers about: >Campus health services >UC SHIP Q+A on the spot >Counseling >Sexual health</p>	<p>SELF-CARE WEDNESDAY @ Sproul 10am-2pm</p> <p>Learn tips and tricks to take care of your health: >Self-help resources >Body Image >Get a Pet Hug >Acupuncture/Acupressure >Sexual Pleasure for self and others</p>	<p>DO ONE THURSDAY anywhere + everywhere</p> <p>DO ONE good thing for yourself today in honor of Mind + Body Awareness Week</p>	<p>FLU/MMR VACCINE FRIDAY @ Tang 12-6pm (line closes at 5:30pm)</p> <p>FLU/MMR (measles, mumps, rubella) Vaccination Clinic. No appointment needed, just drop in. Flu vaccine available to all adults; free for students with UC SHIP, \$25 everyone else. MMR vaccine is free and only available to UC Berkeley students, faculty and staff (please bring your campus photo ID-Cal 1 Card).</p>
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SELF-HELP RESOURCES

Studies show students who seek help for their stress and depression perform better academically than those who don't.

>Check Your Mental Health Online

Brief anonymous screenings for depression, anxiety, eating disorders and more. Find out if you could benefit from counseling.

>Stress & stress management: Be Well to Do Well

>Information about depression: Look for the Signs

>On-line training on how to help with depression

>Articles on how to stay well at Cal

Did you know all students get 5 free counseling visits?

uhs.berkeley.edu/aware

Visit our webpage for links to all listed resources.



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HOW TO HELP SOMEONE ELSE

Whether you are student, faculty, staff or just a concerned friend or loved one, you have many options for helping a student you are concerned about.

- >How to connect with counseling
- >Urgent help when Tang is open or closed
- >Consultation on how to help someone else
- >Links to online screenings and trainings

BODY IMAGE HELP

Cal's Eating Disorder Awareness Week is featured during Mind & Body Awareness Week

1500-3000 students here at Cal may be suffering from an eating disorder and up to 30% of any U.S. college may be struggling with an eating disorder.

- >More information about eating disorders
- >More information on Tang's Eating Disorder Treatment Team
- >Lots of handouts and online resources to help
- >Information about the Tang Center's "Food and Feelings" group - for those with concerns about the effects of chronic dieting, exercise obsession, body image and acceptance.

FINANCIAL STRESS HELP

95 percent of college students say the nation's economic crisis impacted their family's finances last year, and 93 percent have seen an effect on their own bank account.

- >Get 5 hints for reducing your stress about money NOW
- >Check out the many campus resources that can help

Reduce Your Stress with Tang Center's Massage Chair

Did you know the Tang Center has an electronic massage chair? To help students reduce their stress levels, this chair will be available FREE to students for 15 minute massages on a drop in, first-come first-served basis.

Massage Chair Hours: first come, first serve, Monday - Friday 9am-12pm and 1pm-4pm

Go to the Self-Care Resource Center in Health Promotion, 2nd floor of the Tang Center (2222 Bancroft Way).



uhs.berkeley.edu/aware

Visit our webpage for links to all listed resources.