Student Health and Counseling Services (SHAC) is comprised of two centers, the Counseling and Wellness Center and the Health Center. Though our offices are separated into a Health Center and a Counseling and Wellness Center, we operate collaboratively in order to provide students with comprehensive healthcare. Our offices are open M – F from 9 a.m. – 5 p.m., and we provide free services to all full-time undergraduate and residential graduate students. Our Wellness room boasts many current trends in the field of stress management and prevention, and is available for use by all students as well as staff and faculty.

SHAC operates under a comprehensive, interdisciplinary model of care to provide optimal treatment to all full-time undergraduate and residential graduate students. We approach the physical and emotional wellness of our students in a holistic and culturally sensitive way, and carefully consider the interplay between one’s emotional and physical well-being. We employ a student-focused approach and our staff are dedicated to meet the ever-changing needs of a diverse student body.
Wellness Center Services

**MASSAGE CHAIR**
Relax stiff muscles and relieve aches and pains to rejuvenate the body and mind with our massage chair.

**AROMATHERAPY**
Aromatherapy involves the use of essential oils. It is used to improve mood and change cognitive states, and can also be utilized as a supplemental medicine. Some of the health benefits of aromatherapy include its ability to reduce anxiety and depression, boost energy levels, eliminate headaches, improve cognitive performance, induce sleep, and reduce pain.

**MINDFULNESS**
Mindfulness is the art of maintaining a moment-by-moment awareness of our thoughts, feelings, and bodily sensations. It has long been believed to promote health and well-being. Mindfulness involves acceptance of our thoughts and feelings without judging them.

**BIOFEEDBACK**
Stress has an impact on your physical and emotional well-being, affecting academic and athletic performance, relationships, attention, and focus, as well as other areas of life. Biofeedback can help you become more mindful of how your body responds to stressors in life. Learn how to monitor and alter your heart rate, breathing, and physiological activity such as bodily sensations. It has long been recognized that our thoughts, feelings, and bodily sensations affect our well-being. Mindfulness involves a moment-by-moment awareness of our thoughts, feelings, and bodily sensations. It has long been believed to promote health and well-being. Mindfulness involves acceptance of our thoughts and feelings without judging them.

**BUDDHA BOARD**
The Buddha Board is inspired by the idea of living in the moment. You simply paint on the surface with water and your creation will come to life in bold design. Then as the water slowly evaporates, your art will magically disappear leaving you with a clear slate and a clear mind, ready to create a whole new masterpiece.

**LIGHT BOX**
Light therapy is a way to treat Seasonal Affective Disorder (SAD), a type of depression typically occurring in the fall and winter months. Light therapy can alter brain chemicals linked to mood; it also may help to improve sleep and other conditions.

**ZEN SAND GARDEN**
Zen gardens offer a simple way to practice mindfulness meditation in a fun and engaging way. By simply taking a few minutes to focus intently on the sand and stones of this Zen garden, you’re taking a small break to clear your mind from the stress and anxiety of everyday life.

**NUITRITIONAL COUNSELING**
Nutritional counseling will encourage you to adopt health habits that will enable you to reach your own personal goals. Overcoming emotional eating, achieving weight loss or weight gain, and navigating the cafeteria with food allergies or sensitivities are just some of the ways students can benefit from nutritional counseling.

**HIMALAYAN SALT LAMP**
Himalayan salt lamps can have numerous health benefits. The negative salt ions released by heating can boost blood flow, improve sleep, increase levels of serotonin in the brain, and calm allergy or asthma symptoms.

**THINKING PUTTY**
Tear off a handful of thinking putty and use it to have fun and relax while sitting mindfully or using the massage chair. Thinking Putty is a creative and tactile way to relieve stress.

**PUPPY LOVE — THERAPY DOG**
Simply petting a dog can decrease levels of stress hormones, regulate breathing, and lower blood pressure. Research also has shown that petting an animal releases oxytocin, the hormone associated with bonding and affection, in both the animal and human.

**FIDGET CUBES, PILLOWS, AND SPINNERS**
Fidgeting is a response to anxiety or boredom. Anxious fidgeting occurs because the body has elevated levels of stress hormones that need to be exerted. Fidget toys are often used to provide sensory input in a less distracting way. They can help improve concentration and attention to tasks by allowing the brain to filter out the extra sensory information. Try several types of fidget toys in order to learn which might be best for you.

**STRESS BALLS**
Stress balls can help promote a sense of calm, reduce stress and anxiety, and increase focus and attention. The act of repeatedly squeezing the ball releases tension, helps to relieve stress, and promotes blood circulation.

**MODELING CLAY**
Kneading clay is a great way to release tension and stress. The process can also help release pent-up anger and frustration in a healthy, constructive manner.