An aerial photograph of the Curry College campus in Milton, MA, featuring large brick buildings, parking lots, and green spaces. A semi-transparent purple rectangle is overlaid on the center of the image, serving as a background for the text.

CURRY COLLEGE WELLNESS RESOURCE GUIDE

THE OFFICE OF WELLNESS EDUCATION &
VIOLENCE PREVENTION

*1016 Brush Hill Road
Milton, MA*

THE OFFICE OF WELLNESS EDUCATION



Hi there! My name is Elizabeth Helmreich (she/her/hers), and I am the Director of Community Wellness and Violence Prevention at Curry College. It's my job to help Curry students define what a "healthy lifestyle" is for them, and work with them to achieve it.

This can take the form of one-on-one meetings, educational facilitations, events, and initiatives across campus. If you, your club, department, or organization are interested in learning more about wellness - or any of the topics in this resource guide - please reach out to me!

 [**elizabeth.helmreich@curry.edu**](mailto:elizabeth.helmreich@curry.edu)

 **617-333-2902**

 **@CurryWellness**

THE OFFICE OF WELLNESS EDUCATION & VIOLENCE PREVENTION

Mission Statement

The Office of Wellness Education & Violence Prevention strives to empower Curry College students with knowledge, attitudes, and skills to make informed decisions and exercise autonomy regarding their health & wellness. Wellness Education is committed to meeting students where they are without stigma, judgement, or bias of any kind. Every person deserves to feel at home in their bodies and experience joy in their lives, Wellness Education aims to act as a partner with students on this journey.

THE 8 DIMENSIONS OF WELLNESS



The Wellness Wheel (pictured above) displays all 8 dimensions of wellness as pieces of the larger whole. This model visually conceptualizes that all aspects of our wellness are intricately connected to the others. To lead a healthy lifestyle, all must be considered.

PHYSICAL WELLNESS

Recognizing the need for physical activity, sleep, nutrition, safer sex, and sexual health & wellbeing.

Health at Every Size (HAES)

HAES is based on five principles: weight inclusivity, health enhancement, respectful care, eating for wellbeing, and life-enhancing movement, all of which support building healthy habits, as opposed to fixating on weight status.

HAES turns the focus on fostering healthier lifestyles rather than weight loss.

To learn more about HAES visit:
[Health at Every Size](#)

Sexual Health

Sexual health is an intricate part of our overall wellness. For quick answers on sexual health topics, please visit: [Get the Facts on Sexual Health](#).

Sexuality

Sexuality touches on ALL dimensions of wellness. For an in-depth look on what sexuality actually is visit: [Sexuality: WTF is it, anyway?](#)

Nutrition

Learning what to eat in the Marketplace can be intimidating! As we all try to find a balance between what's yummy and what fuels our bodies, it can be nice to have some guidance! Explore this resource for some tips: [MyPlate](#)

Body Image

There are two main philosophies on body image: body positivity & body neutrality.

Body positivity refers to the assertion that all people deserve a positive body image, regardless of how society and popular culture view ideal shape, size, and appearance.

Body neutrality prioritizes the body's function and what it can do rather than its appearance. Your value is not tied to your body, nor does your happiness depend on what you look like.

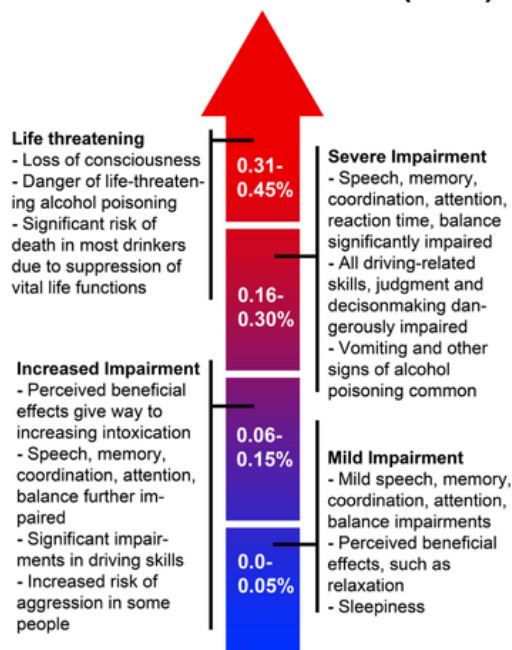
Neither approach is right nor wrong, whatever one works for you is the best one!



SUBSTANCE USE

Alcohol Use

Blood Alcohol Content (BAC)



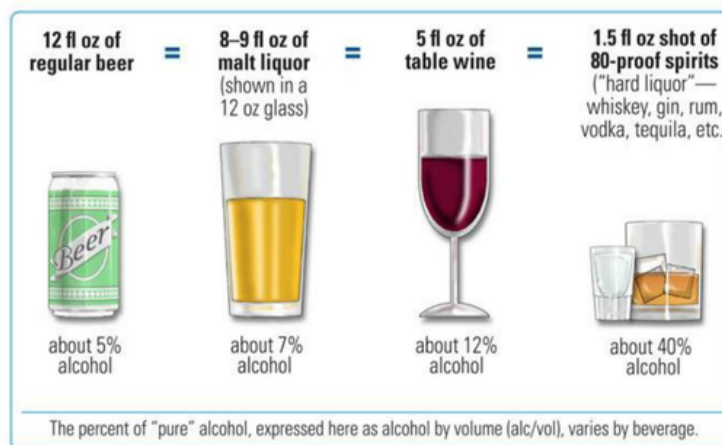
BAC lets us know how much alcohol is in our blood. Calculate your BAC from the last time you drank here



Signs of Unhealthy Alcohol Use

- Being unable to limit the amount of alcohol you drink
- Wanting to cut down on how much you drink or making unsuccessful attempts to do so
- Spending a lot of time drinking, getting alcohol or recovering from alcohol use
- Feeling a strong craving or urge to drink alcohol
- Failing to fulfill major obligations at work, school or home due to repeated alcohol use

WHAT IS A STANDARD DRINK?



Understanding the standard drink measurement helps us balance the benefits and risks of drinking as adults since we know our bodies can process approximately 1 standard drink per hour.

Tips for safer alcohol consumption

- Eat a carb heavy meal before drinking to slow the absorption of alcohol
- Drink 8-16oz of water between every alcoholic drink
- Do not drink from communal jugs/tubs. You always want to make sure you know what is in the things you are drinking.
- Find a designated driver
- Buddy up - look out for friends
- Keep an eye on your drinks - never leave drinks alone or with people you don't trust

SUBSTANCE USE continued

Marijuana Use

Signs of Unhealthy Marijuana Use

- Mental and physical withdrawal
- Excessive fear, worry, and depression
- Feeling anxious when without your drug of choice
- Planning your day around drug use
- Making budget choices around getting your drug of choice
- Needing to use in order to do chores
- Using in inappropriate settings (class, work, community events, communal areas)

Marijuana use and possession is prohibited at Curry College for all individuals, including those who are over 21 years old.

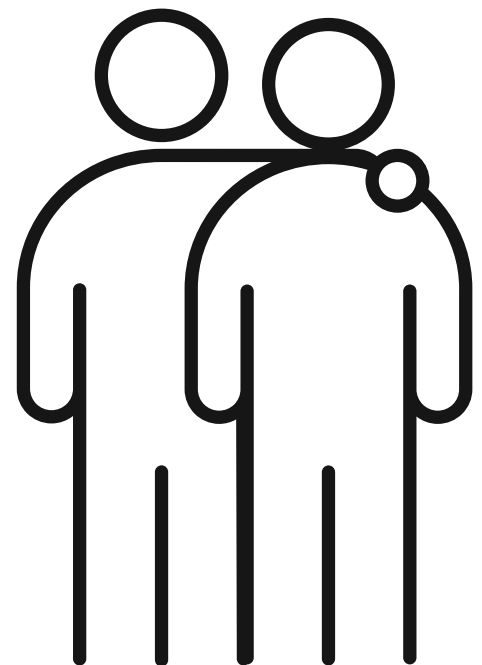
Resources for Alcohol & Substance Use

On Campus

- The Office of Wellness (1016, 1st floor)
- Counseling Office (1016, 3rd floor)

Off Campus

- Marijuana Anonymous
 - (800) 766-6779
- Massachusetts Substance Use Help Line
 - Call (800) 327-5050
 - Text "HOPE" to 800327
- [SAMHSA's National Helpline](#)
 - 1-800-662-HELP (4357) / or TTY: 1-800-487-4889
 - The helpline is for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.



EMOTIONAL WELLNESS

The ability to successfully cope and handle life's stresses, adapt to change, and thrive.

Managing stress can look like...

- **Physical:**
 - Sleep, Nutrition, Exercise, Mind-body approaches
- **Social:**
 - Fun and play, laughter, talking with friends
- **Environmental:**
 - Natural light, aromatherapy, spending time with optimistic friends, having meaningful work and interesting classes
- **Psychological:**
 - Relaxation and deep breathing, progressive muscle relaxation, guided imagery and visualization, meditation
 - Goal setting and time management, positive self-talk, conquering procrastination, combating perfectionism

Signs of emotional wellness

- Being able to talk about your feelings
- Feeling generally content
- Asking for help when you need it.
- Having respectful disagreements with others.
- Finding solutions to problems.
- Being mindful and able to live in the present moment.
- & more!

Resources

- **On campus**
 - **Counseling Center**
 - 617-333-2182
 - 1016 3rd floor
 - **Timely Care**
 - Talk Now

SOCIAL WELLNESS

Developing a sense of connection, belonging, and well-developed support system.

Social wellness can look like...

- Keeping regular contact with friends
- Spending quality time with loved ones
- Developing healthy romantic relationships
- Engaging in volunteer work
- Joining a group based on interests
- Celebrating traditions and culture
- Participating in community events
- Expressing gratitude
- Engaging in random acts of kindness
- Developing and maintaining high-quality relationships

What does a healthy relationship look like?

Healthy relationships can look different based on the people who are involved, but all should have some core traits:

- Respect
- Honesty
- trust
- Communication
- Friendships & hobbies outside of the relationship
- Healthy conflict
- & more!

For more information visit:

- [Healthy Relationships](#)

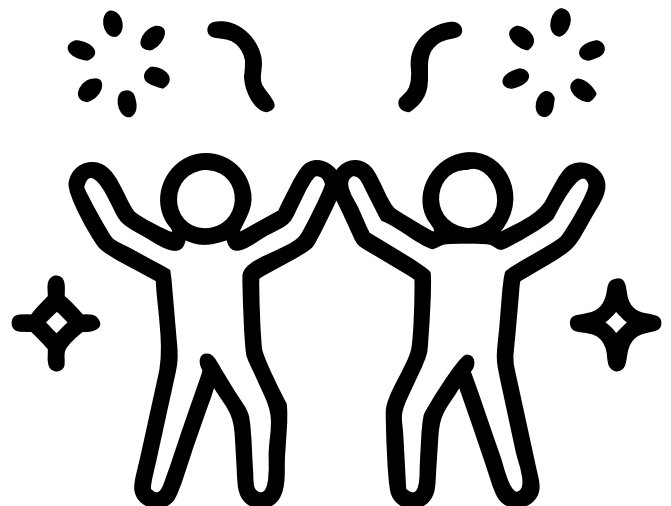
Or visit Elizabeth Helmreich, Director of Community Wellness & Violence Prevention in 1016 Brush Hill Rd

- elizabeth.helmreich@curry.edu
- 617-333-2902

How do I make friends?!

Making friends can feel really hard but know you're not alone! Here are some curry specific tips to help get you started:

- Join one of our 20+ clubs on campus - and if you don't see one you like, make your own!
- Say YES! Say yes when people invite you to the marketplace or to events. Take advantage of the opportunity!
- Use compliments as conversation starters
- Don't be afraid to engage in small talk with people you see around frequently (in the classroom, gym, dorm, Marketplace, etc.)
- Go to events on campus
- Try an intramural sport. There are sports available for every level of athleticism!



OCCUPATIONAL WELLNESS

Finding personal fulfillment and satisfaction from our chosen career fields or life goals while maintaining balance in our lives.

What does this look like in practice?

- A sense of purpose in their career and work
- A positive relationship with their colleagues and team leaders
- Consistent motivation and drive to work towards skill development
- A work environment where they feel safe to express their opinions
- A feeling of satisfaction about the compensation that they receive for their work
- A sense of shared values within their organization



Occupational Wellness at Curry

There are so many opportunities to explore occupational wellness at Curry. From finding a major that speaks to you, connecting with professors in the field, networking with alumni, completing internships, & more!

For support with all things career development, check out the [Career & Experiential Learning Office!](#)

617-333-2195
careerdevelopment@curry.edu
Learning Commons, 1st Floor
Office Hours: 8:30 a.m.-4:30 p.m.,
Monday-Friday

FINANCIAL WELLNESS

Satisfaction with our current and future financial situations.

Check out this resource guide on introduction topics for financial wellness:

[Curry College Financial Wellness Guide](#)

What does financial wellness look like?

- Making a budget
- Working towards an emergency savings fund
- Understanding how finances impact your mental and emotional wellbeing
- Learning not to let money dictate your understanding of your self-worth
- Setting away money for long-term goals (however much or little makes sense for you)

Tips to help cut back spending

- Utilize public transit into Boston (or Uber to the T and take public transit from there)
- Compare site prices for the same item online to get the best deal
- Use your student discount at museums, events, and attractions
- Cut back on getting food delivered (you can use your meal plan at Einsteins and Starbucks!)
- Try thrifting when you need new clothes!

Resources

- [The Office of Financial Aid](#)



SPIRITUAL WELLNESS

Expanding our sense of purpose and wellbeing in life.

Signs of spiritual wellness

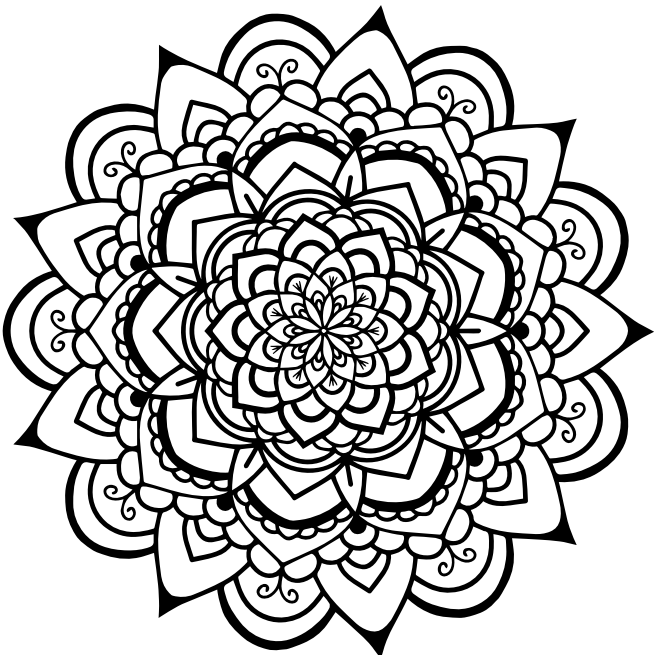
- Developing a purpose in life
- Having the ability to spend reflective time alone
- Taking time to reflect on the meaning of events in life
- Having a clear sense of right and wrong, and acting accordingly
- Having the ability to explain why you believe what you believe
- Caring and acting for the welfare of others and the environment
- Being able to practice forgiveness and compassion in life

Activities to practice spiritual wellness

- [Meditation](#)
- [Breathwork](#)
- [Mindfulness](#)
- Yoga
- [Coloring mandalas](#)
- Attending a religious gathering
- Prayer
- Self-reflection

Curry spiritual wellness resources

- Yoga once a week in the fitness center
 - Keep an eye on @curry_college_fitness for schedule updates
- Marcus Hill
 - Director, Diversity Center & Spiritual Life (confidential resource)
 - marcus.hill@curry.edu
- James O'Toole Chapel
 - Non-denominational space, Stu 2nd Floor
- Curry Hillel
 - Stu 2nd Floor, OSE Office
 - hannah.taylor@curry.edu
- Cru Club
 - Student Christian Faith Group



INTELLECTUAL WELLNESS

Recognizing creative abilities and finding ways to expand knowledge and skills.

Your academics are a chance for you to home in on intellectual wellness and curiosity.

Signs of intellectual wellness

- Development of good study skills and time management
- Ability to challenge yourself to see all sides of an issue
- Becoming a critical thinker
- Development of your own ideas, views, and opinions
- Exposing yourself to new ideas, people, and beliefs that are different from your own
- Become aware of who you are and what you value

Questions to ask yourself

- Are you excited for your classes? Do you feel like they challenge you?
- How can you combine the experience you've had in the classroom with those outside the classroom?
- When was the last time you read for fun? Or engaged in intellectually stimulating conversation with peers?
- How comfortable do you feel reaching out to professors for assistance?

Resources

- Academic Success
 - Learning Commons S-103
 - academicsuccess@curry.edu
- [Levin Library](#)



ENVIRONMENTAL WELLNESS

Good health by occupying sustainable, pleasant, and stimulating environments that support well-being.

Signs of environmental wellness

- Conserving energy (turning off lights, etc.)
- Spending time outside
- Work and home environments feel nurturing
- The individuals in your environments are welcoming, feel safe
- Knowing the health and safety of your environment (exits, etc.)
- Recycling
- Being aware of the accessibility of one's environment

Questions to ask yourself

- Do you feel safe and comfortable in your dorm room?
- Do you feel safe and comfortable in your home?
- Do you have items that are meaningful to you in your space?
- Do you find time to get outside?
- What activities do you like to do outside? Are there activities you'd like to try?
- How do you help to protect the planet? Our community?

Did you know...

There's a trail system in the woods around South Campus! It's a great space to take a relaxing walk and/or reflect!

