



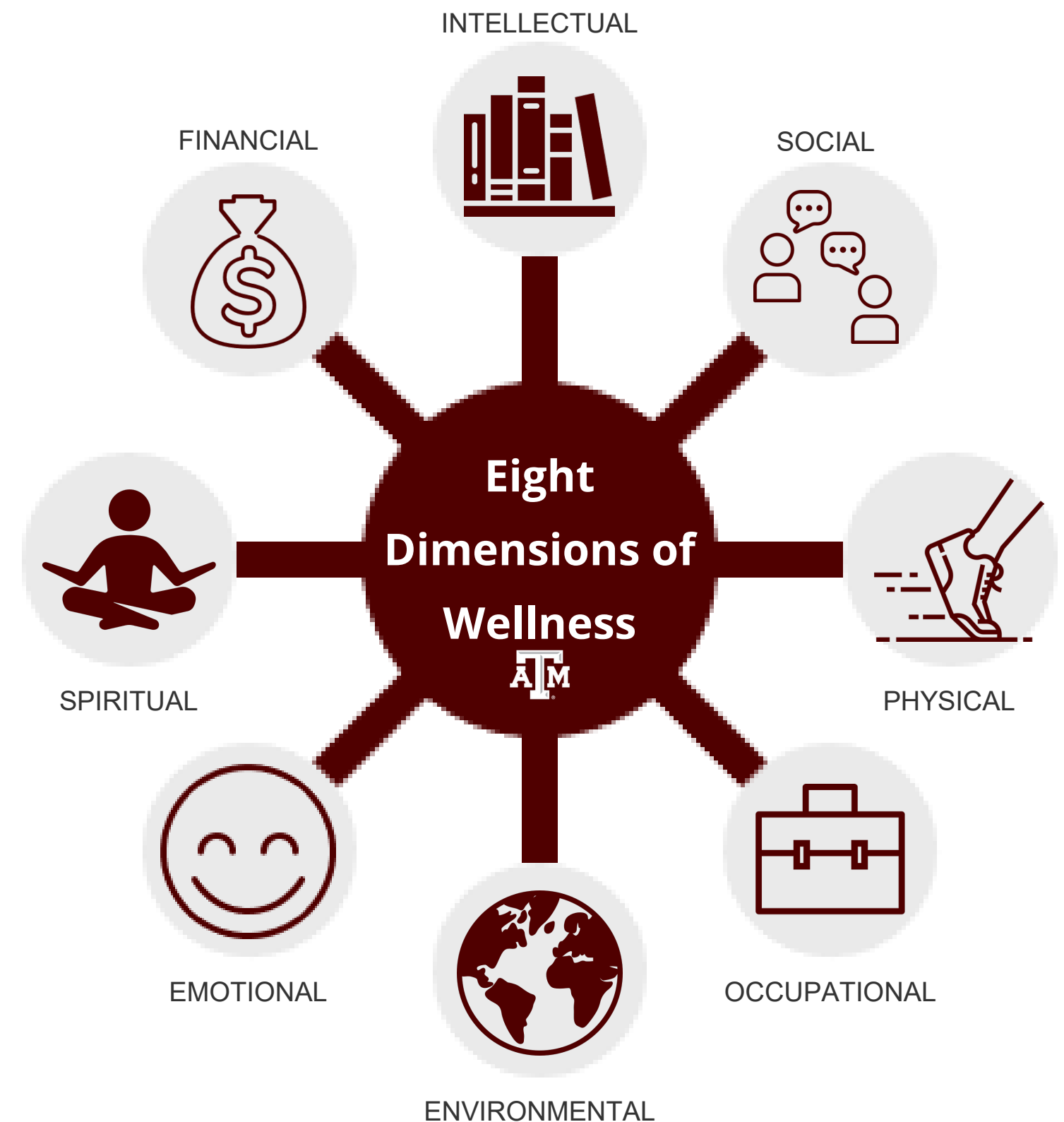
My Aggie Wellness Journey



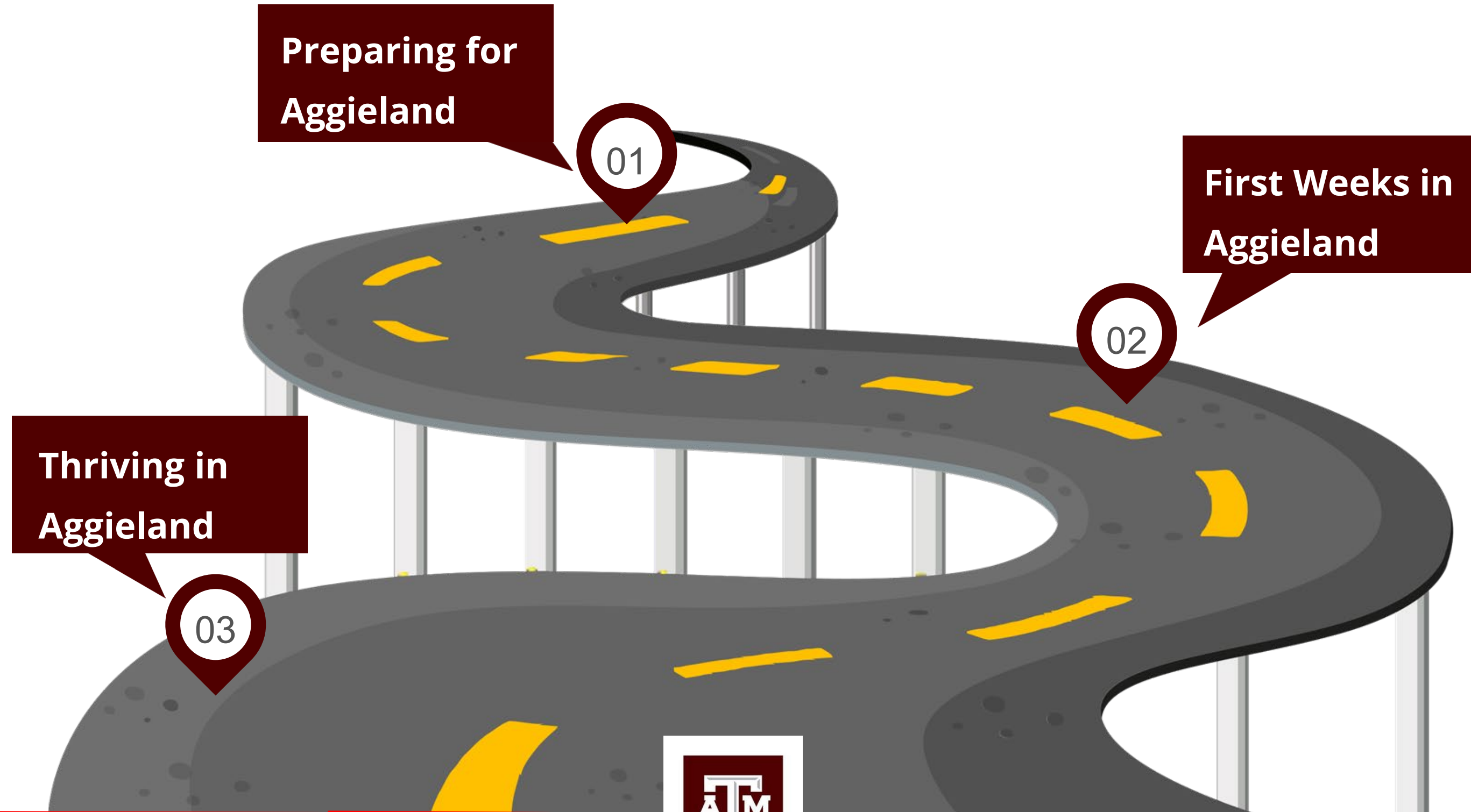
Health Promotion
STUDENT LIFE

Health Promotion at Texas A&M

- Empower all Aggies to embrace a culture of holistic well-being
- Provide workshops, presentations, and individual consultations
- Wide variety of topic areas



Your Aggie Wellness Journey



Preparing for Aggieland

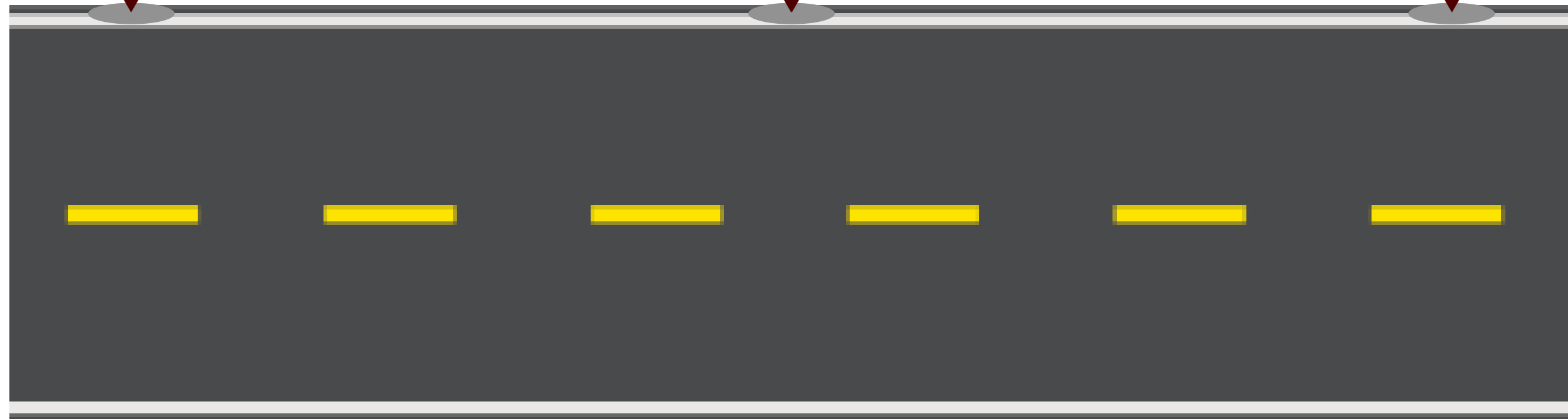
Guardian
Conversations



Setting
Boundaries



First Day
Jitters





Guardian Conversations

- Shift in responsibilities
- Learning how to handle life things
 - Booking doctor's appointments
 - Insurance information
 - Budgeting





Setting Boundaries



- Boundaries: guidelines that we follow in life
 - Saying no to things to enhance our well-being
 - Prioritize your time and space
-



First Day Jitters

- Remind yourself that everyone is doing their best
- Anxiety and stress are common feelings
- You are good enough



First Weeks in Aggieland

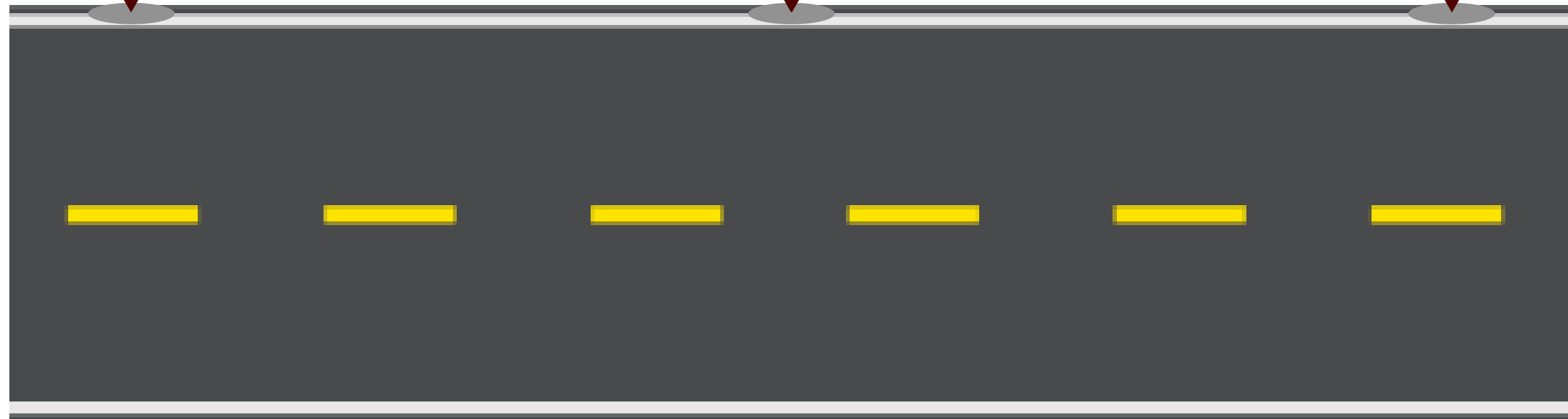
Balanced
Scheduling



Getting
Involved



Healthy
Relationships





Balanced Scheduling

- Consider what time of day you function best
 - Schedule time in between classes for breaks
 - Schedule travel time
 - Control what you can so that you can find balance
-





Getting Involved



- Student jobs
 - Student organizations
 - Find orgs and events
 - StuAct website
 - MaroonLink
 - It's okay to take time to adjust and not get involved too!
-



Healthy Relationships

- Applies to friends, family, romantic partners, roommates, etc.

Communication

Respect

Kindness

Trust

Consent

Boundaries



Thriving in Aggieland

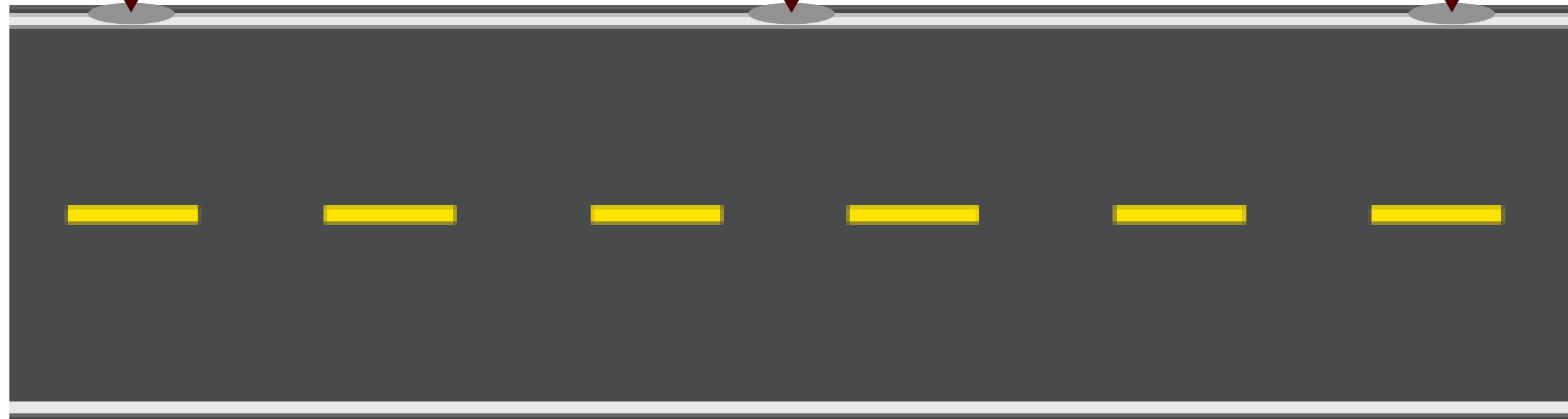
Resiliency and Alcohol



Your
Story



Resources





Resiliency & Alcohol

- Resiliency is a skill that helps you learn, adapt, grow, and move ahead
- Be flexible and accept that all expectations may not be met all the time
- Be mindful of alcohol use





Your Journey, Your Story



- This is YOUR journey
 - Your story will look different from other people
 - Take charge of creating your own story
 - Try not to compare yourselves to others
-



Resources: Offices and Trainings

Offices

- Health Promotion
- University Health Services
- Civil Rights and Equity Investigations (Title IX)
- Aggie One Stop

Trainings

- Green Dot
- STAND Up
- Kognito Training
- Question, Persuade, Refer (Gatekeeper) Training
- Aggie Ally Workshop





Health Promotion
STUDENT LIFE

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