



My Aggie Wellness Journey



Health Promotion
STUDENT LIFE

Health Promotion at Texas A&M

Mission Statement

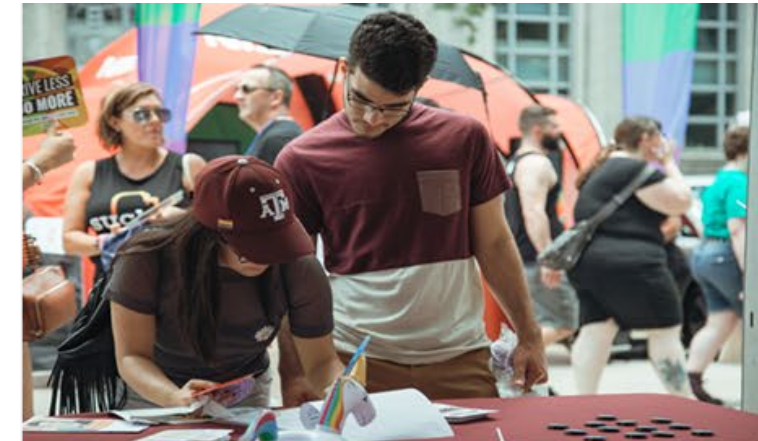
Health Promotion empowers all Aggies to embrace a culture of holistic well-being that fosters their academic, personal, and professional success.



HEALTH &
WELLNESS



INTERPERSONAL VIOLENCE
PREVENTION

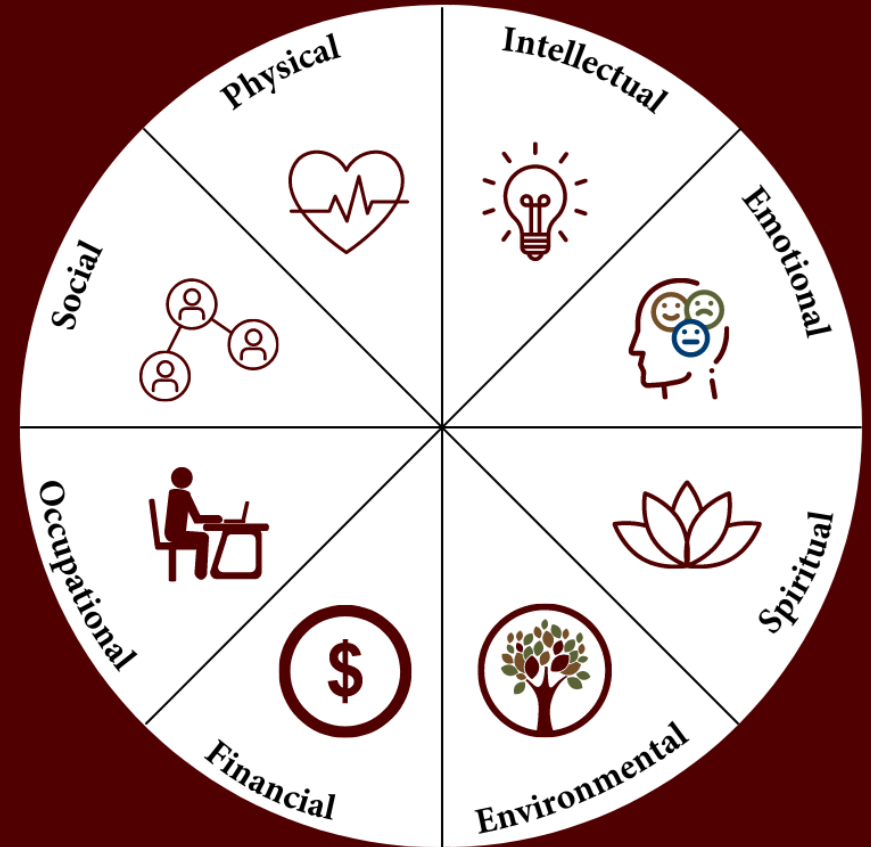


ALCOHOL &
OTHER DRUGS



Holistic Wellness

- Focus on your WHOLE self
- Academic success is directly influenced by YOUR Aggie Wellness Journey



8 Dimensions of Wellness

Self-Care

Take time for yourself for behaviors that promote your health, prevent disease, maintain health, and cope with illness.

Eat

Move

Sleep

7-9 hours EACH night

Breathe

Self-Care Activities

MEDITATE

Play with
pet

Listen to
music

COOK

Watch a
movie

Explore
campus

**LEACH
TEACHING
GARDENS**

**AGGIE
WELLNESS
COACHING**

Call
friend or
family

**READ A
BOOK**

**COUNSELING
SERVICES**

Unplug

Take a
drive

Rec Sports
group fitness
classes

REST

Finding Harmony

Consider times of the day you function best

Schedule time for breaks

Schedule travel time - this campus is HUGE

Control what you can

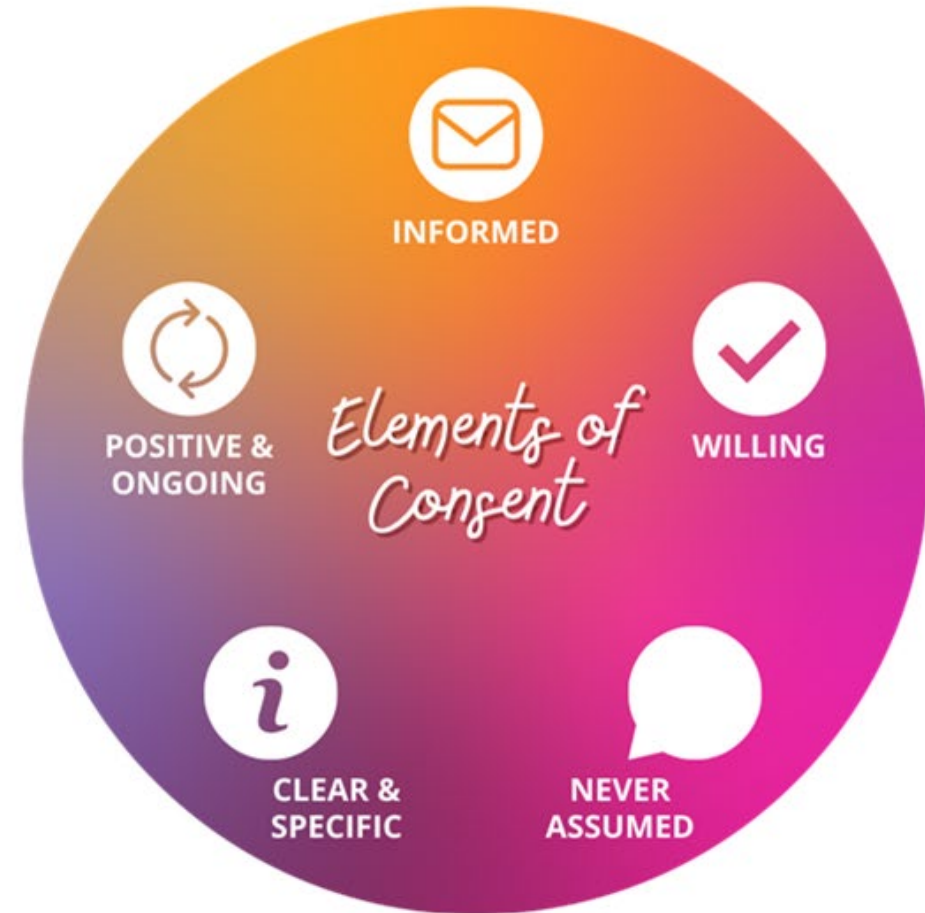
Maintain boundaries



Healthy Relationships & Consent

Clear, voluntary, and ongoing verbal & nonverbal agreement to engage in a specific sexual act.

Texas A&M System Policy, 2021



“Aggies on the Dot”

USE THE THREE D'S TO INTERVENE:

DIRECT

Do something directly to address the situation

Are you okay?
Do you need help?

You need to stop what you're doing.

DISTRACT

Create a distraction to help in the situation

OMG, I'm so sorry I just spilled my drink all over you!

Oh no, your car's getting towed!

DELEGATE

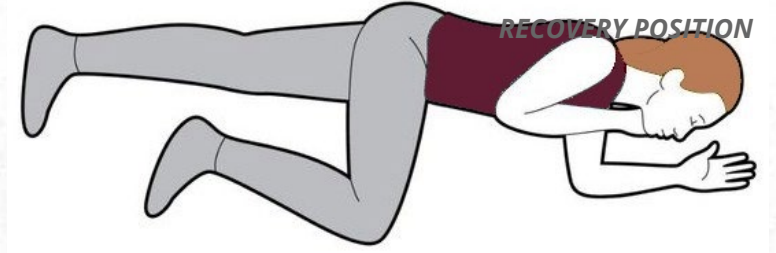
If you can't help, find someone who can



My friend's in trouble, and I need your help.



Alcohol Poisoning



MUST HELP

M: Mental confusion

H: Hypothermia

U: Unresponsive

E: Erratic Breathing

S: Seizures or Slurred Speech

L: Loss of Consciousness

T: Throwing up

P: Paleness/Blueness of Skin

Medical Amnesty - 911 Lifeline Law

Amnesty for minors who report a possible alcohol overdose



- **Request** medical assistance due to alcohol consumption; be the first to call
- **Remain** on the scene
- **Cooperate** with medical and law enforcement personnel

Only covers class C misdemeanors (like an MIP or MIC), not a class A misdemeanor (like providing to a minor)

Does not cover potential drug charges

**Health Promotion is here
SUPPORTING YOU
in YOUR
Aggie Wellness Journey**

Connect with Health Promotion



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Monday – Friday, 8am – 5pm



@TAMUHealthPromotion



@TAMU_HP

