

Wellness & Self-Care



As we all know, self-care is extremely important, and Yale is here to help. From OISS resources to [Being Well at Yale](#) [1] offerings, you can relax with yoga and meditation classes, or take part in mindfulness and de-stressing activities.

Hub Page View: —



Mental Health

[Mental health means different things to different people, but what's important to keep in mind is that there is support on campus to make sure you are well taken care of in both body and mind. It's ok to ask for help and we are here when you need it!](#)

[2]



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Staying Active

It can be tempting to be in the office or the lab for 12 hours a day, but make sure you're taking care of yourself. Stay active and get involved!

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[Being Well at Yale](#)

[Being Well at Yale engages and supports employees in their progression towards healthier lifestyles.](#)

[1]



Yale Work-Life

[Yale's WorkLife programs are an integral part of the university's efforts to help faculty and staff balance the multiple responsibilities associated with work, academic, and personal life.](#)

[4]

Source URL: <https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/wellness-self-care>

Links

[1] <https://beingwell.yale.edu/> [2] <https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/wellness-self-care/mental-health> [3] <https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/wellness-self-care/staying-active> [4] <https://your.yale.edu/work-yale/benefits/work-life-and-childcare>