

Wellness & Self-Care



As we all know, self-care is extremely important, and Yale is here to help. From OISS resources to [The Good Life Center](#) [1] and [Yale Well](#) [2] offerings, you can relax with yoga and meditation classes, or take part in mindfulness and de-stressing activities.

Hub Page View: [—](#)



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[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!](#)

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Staying Active

It can be tempting to be in the classroom 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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[The Good Life Center](#)

[The Good Life Center is a cultivated space to inspire, teach, and practice living the good life.](#)

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[1]

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[Yale Well](#)

[Yale Well is an initiative to promote and encourage wellness in students' lives across the university.](#)

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[2]

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

Links

[1] <https://goodlifecenterat Yale.com/> [2] <https://yalewell.yale.edu/> [3] <https://oiss.yale.edu/life-at-yale/health-wellness/mental-health> [4] <https://oiss.yale.edu/campus-community-life/for-students/health-wellness/wellness-self-care/staying-active>