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:
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!
The Good Life Center

The Good Life Center is a cultivated space to inspire, teach, and practice living the good life.

[1]
Yale Well

Yale Well is an initiative to promote and encourage wellness in students’ lives across the university.

[2]