Staying Healthy

Your health is a product of both the mind and body. If you are in a slump or just not feeling well, sometimes the best solution is physical activity. Social and personal connections can be a key element of feeling happy and healthy, as well. There is an abundance of resources for students and scholars; you just have to find what interests you.

Get Moving

When you exercise, you release endorphins in your brain, which put you in a better mood. Consider joining a gym, attending fitness classes, or participating in team sports; this is also a fun way to meet new people!

Yale Athletics & Recreation

- [Yale Athletics](https://yaleathletics.com)
- [Payne Whitney Gym](https://paynewhiteconomy.com)
- [Yale Sports and Recreation](https://yalesportandrecreation.com)
- [Fitness Classes](https://yalefitnessclasses.com)
- [Yale College Club Sports](https://yaleclubsports.com)
- [Yale College Intramurals](https://yaleintramurals.com)
- [Graduate & Professional Intramurals](https://graduateintramurals.com)

New Haven & Connecticut Recreation

- [New Haven Sports & Recreation](https://newhavensportsrecreation.com)
- [Hiking in New Haven](https://newhavenhiking.com)
- [Adult Kickball League](https://adultkickballleague.com)
- [New Haven Cycling Trails](https://newhavencyclingtrails.com)
- [Connecticut Recreation](https://connecticutrecreation.com)
- [Skiing, Snowboard & Tubing](https://sksnowboardtubing.com)
- [CT Top 10 Hiking Trails](https://cttop10hikingtrails.com)

Get Connected

- [Arts @ Yale](https://artsatyale.com)
- [McDougal Center for Graduate Student Life](https://mc dougallife.com)
- [Office of LGBTQ Resources](https://lgbtqresources.com)
- [Postdoctoral Advisory Committee](https://postdoctoralcommittee.com)
- [Student Organizations](https://studentorganizations.com)
- [Yale College Cultural Centers](https://yaleculturalcenters.com)

Selected Wellness & Health Resources

- [The Good Life Center](https://thesillimancollege.com) at Silliman College - Student Wellness Center
- [Student Wellness at Yale Health](https://yalehealth.com) - Healthy lifestyle advice
- [Feeling Stressed?](https://feelingstressed.com) - Tips for Managing Stress
- [Healthy Eating](https://healtheating.com)
- [Office of Student Accessibility Services (formerly known as the Resource Office on Disabilities)](https://ostas.com)
- [Safe Sex](https:// safesex.com)
- [Taking Control - Alcohol, Tobacco and Other Drugs](https://takingcontrol.com)