January Notices and Events:

January 11th
-Classes Begin at 4PM

January 18th
-Martin Luther King Day | No Class

January 20th
-Inauguration Day

January 26th
-Financial Aid Applied to Accounts

January 27th
-Payments Due on all Accounts

Think...
promoting well-being
at NDSU

The sense that life is meaningful and has a purpose; the ethics, values, and morals that guide us and give meaning and direction to life.

Spiritual wellness implies a search for meaning and purpose in human existence, leading you to strive for a state of harmony while working to balance your inner needs with the rest of the world.

Try the grounding technique to invoke your spiritual wellness!

ON A ROLL

Student Health Service - 701.231.7331

January 2021

“EVERYTHING YOU DO NOW IS FOR YOUR FUTURE”

Follow us on social media!
@NDSUHealthPromotion
@ndsuhealthyherd
@ndsvpes
@ndsubodysproject

GROUNDING WITH YOUR FIVE SENSES

1. Things you can taste
   - Mint
   - Breakfast toothpaste

2. Things you can smell
   - Food from the cafeteria
   - Laundry detergent on clothes
   - Fresh cut grass

3. Things you can hear
   - Birds chirping
   - Clock ticking
   - Car horns

4. Things you can feel
   - Wind blowing
   - Feet on the floor
   - Pencil in hand

5. Things you can see
   - Sun picture on the wall
   - People walking

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