



**October 10, 2018**

**Student Wellness Wednesday Tip: Be Aware of Your Mental Health**

Today is [World Mental Health Day](#). In our office, mental health is a regular priority, but below are some specific tips to honor the importance of today:

1. Today is a good reminder to check in with ourselves and one another. If you can, build in some time for [self-reflection](#).
2. Consider also making use of a free (for JHU students) premium subscription to the [Calm App](#) which includes meditation and breathing exercises, sleep stories, and relaxing nature sounds. There is also content specifically designed for college students.
3. For those of us who love podcasts (like me!), here are [several](#) about mental health.
4. Check out (library login required) the [“Complete Self Massage Workbook: Over 100 Simple Techniques for Re-energizing Body and Mind.”](#) Topics include mental clarity and anxiety.
5. Don't forget to follow World Mental Health Day on [Twitter](#)
6. Check out the I Will Listen events below!

Quote of the week:

***“You are valuable just because you exist. Not because of what you do or what you have done, but simply because you are.”***

— Max Lucado

## **JHSPH/University Wide Events**

The JHSPH Mental Health Grad Network is hosting two events today and tomorrow:

- a. #IWillListen Music and Arts Exhibit Featuring artwork and music on the theme of mental health, or created/written by people with mental illness Wednesday, October 10th, 12pm-1pm, School of Public Health Gallery (Wall of Wonder) and W1020  
\*Lunch will be served from 12pm-1pm in the Gallery\*.
- b. #IWillListen "Of Two Minds" Film Screening and Discussion, Thursday, October 11, 5pm-7pm, School of Public Health W5030, \*Dinner will be served from 4pm-5pm in W3008\*

Also, nationally during October, several populations are celebrated and several social issues are highlighted. The JHU Office of Diversity and Inclusion's [newsletter](#) lists events happening throughout the university to correspond to these various recognition days/months.

**With Warm Wishes for Wellness, Jessica & Kevin**

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