

**Activity**: Student Wellness

**Instructor: Alyssa Petty**

**NSE Goal Focus**: Personal Growth

[Department of Wellness](https://www.baylor.edu/wellness/)

Did you know the Department of Wellness offers virtual activities every week? You can choose from workout sessions, delicious food tutorials, and short health education videos on various wellness topics. Join the Department of Wellness on YouTube for weekly activities. Click [**HERE**](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.baylor.edu%2Fcontent%2Fservices%2Femail_link.aspx%3Fl%3DelRKYxQZf1BcXHxZXlxYYxh3QVuh&data=01%7C01%7CMichelle_Cohenour%40baylor.edu%7Cf7d25e7114b244ad320d08d816d41c31%7C22d2fb35256a459bbcf4dc23d42dc0a4%7C0&sdata=OxAGZVh1mNkVXvU8kmk2YocmUdkrNUZa661qnbssy1Y%3D&reserved=0) to check out all their video content. *If it fits with your class, you may want to assign students to select one or two of these videos to try and then write a reflection on their experience* ***or***

**Idea #1:**

Assign a reflection tied to a stress reduction exercise. Students will write a Stress Management Reflection after they participate in one of the wellness videos or stress reduction exercise (yoga, walking, running, etc.).

1. Activity description (specify if it is a new activity that they have never done or something they do regularly)
2. Did the student feel stressed before doing the activity?
3. How does the student feel now after participating in the activity/video? (some students will say “the same” and others may say “great!”)
4. The date the activity occurred
5. A **picture of the student** participating in the activity.

**Idea #2:**

Students can review the health and wellness videos that we have and then complete the “MY SMART Goal Health Worksheet” to help them develop an action plan for the semester to take care of their health.