



Lobo Balance Wellness Journal

2022-2023



Dear Lobos,

Stress, while a part of college, should not be something that hinders your success.

Your health promotion team values you and your success in college and want to do all that we can to help you reach your college goals. Therefore, we bring you this wellness journal that can not only assist with your organization skills, but also positively contribute to your mental health.

You, our amazing Lobo, matter and you move mountains!

Always,
Your SHAC Health Promotion Team

Have ideas on how to make this journal better? Email us!
peerhelp@unm.edu



This journal belongs to:

GOALS:



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School Year Overview

Aug

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What has been going well this year so far?

A large grid of 20 columns and 25 rows of small grey dots, intended for handwritten notes.



August

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WEEKLY SCHEDULE

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WEEKLY SCHEDULE

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What are you grateful for today?

A grid of 20 rows and 30 columns of small gray dots, intended for writing a list of things one is grateful for.

SHAC Tip:

8 Quick Ways to De-Stress

1. Change your environment
2. Practice breathing exercises
3. Meditate
4. Do relaxation exercises
5. Go walking or running
6. Immerse yourself creatively
7. Express your feelings
8. Be in the moment with one of your senses



WEEKLY SCHEDULE

MON		GOALS
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What's something that makes you happy?

A grid of 20 rows and 30 columns of small gray dots, intended for a user to write their answer.

SHAC Tip:

SHAC has a free online counseling help tool called: TAO.

TAO offers free, mobile-friendly help for stress, anxiety, and depression. TAO fits around your busy life--anytime, anywhere.

Just google TAO UNM and click on the first link.

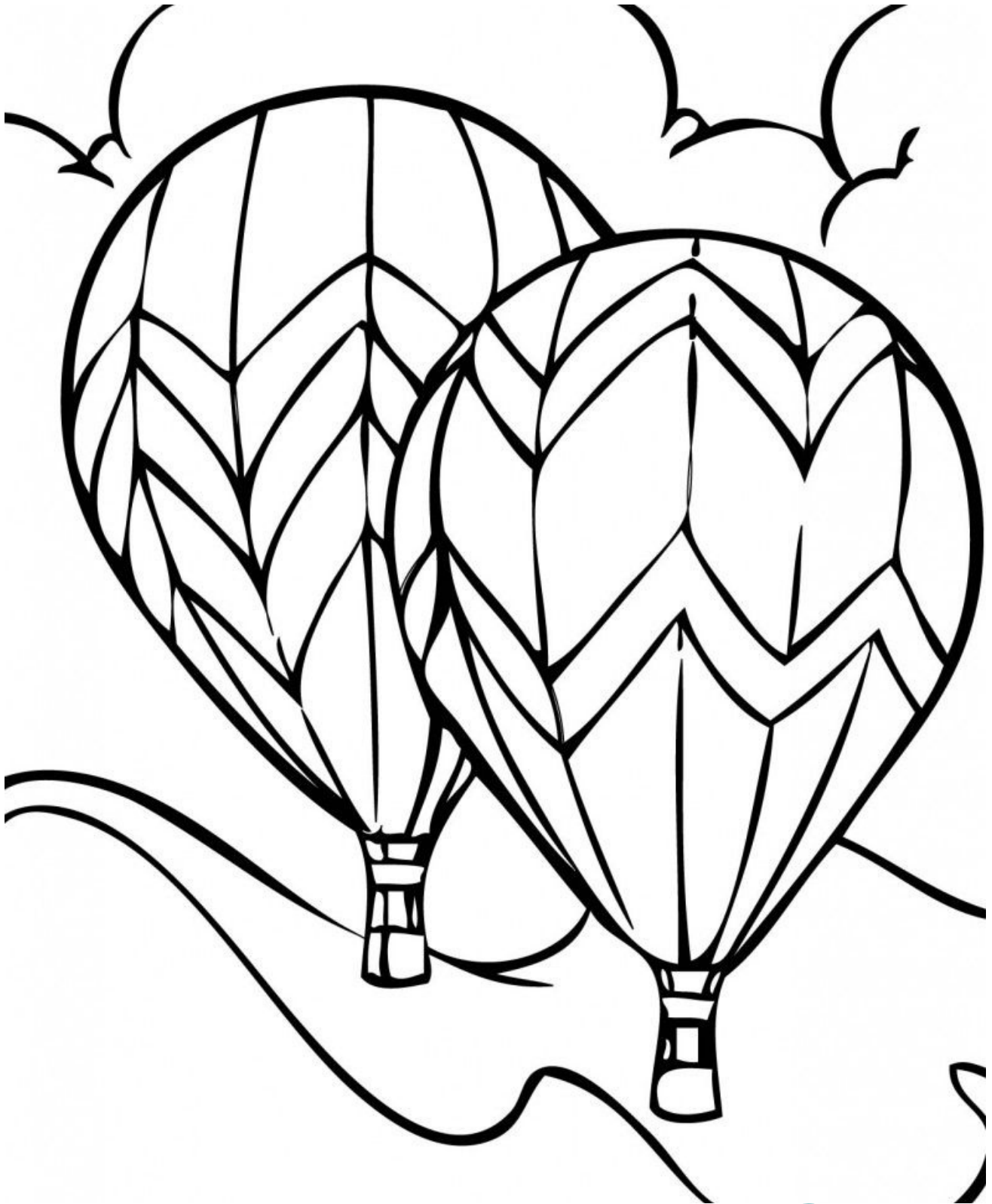


WEEKLY SCHEDULE

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Relax & Color

Have you taken
break today?



September

SEPTEMBER

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WEEKLY SCHEDULE

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What went well this week?

A 20x20 grid of small gray dots, totaling 400 dots, arranged in a uniform pattern.

SHAC Tip:

Did you know?

Oranges have essential vitamin contents, antioxidants, protein, water percentage, and fiber.

These are necessary minerals that help to keep the nutrients in your body balanced.



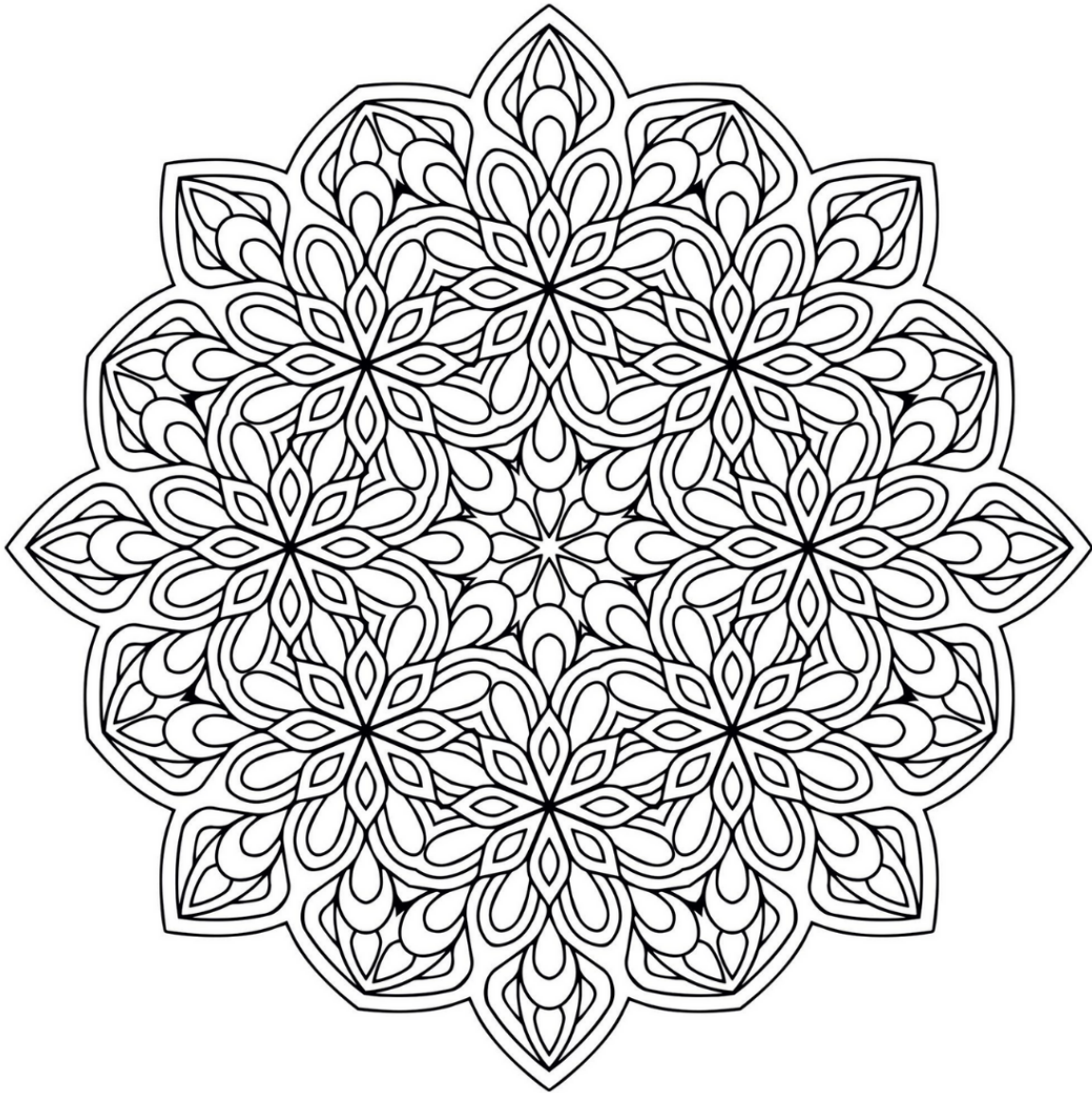
WEEKLY SCHEDULE

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Relax & Color

Be kind to
yourself today.

BREATHE



RELAX



WEEKLY SCHEDULE

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Make a list of 10 things that make you smile

A grid of 10 rows and 20 columns of small gray dots, intended for writing a list of 10 things that make you smile.

SHAC Tip:



Lobo Prevention Pack is your student lead COVID-19 prevention team! They were recognized by the U.S. Surgeon General for their efforts in making UNM a healthier place for all! Follow them on social media for great information.

TikTok: [unmlpp](#) & Instagram: [@unmlpp](#)



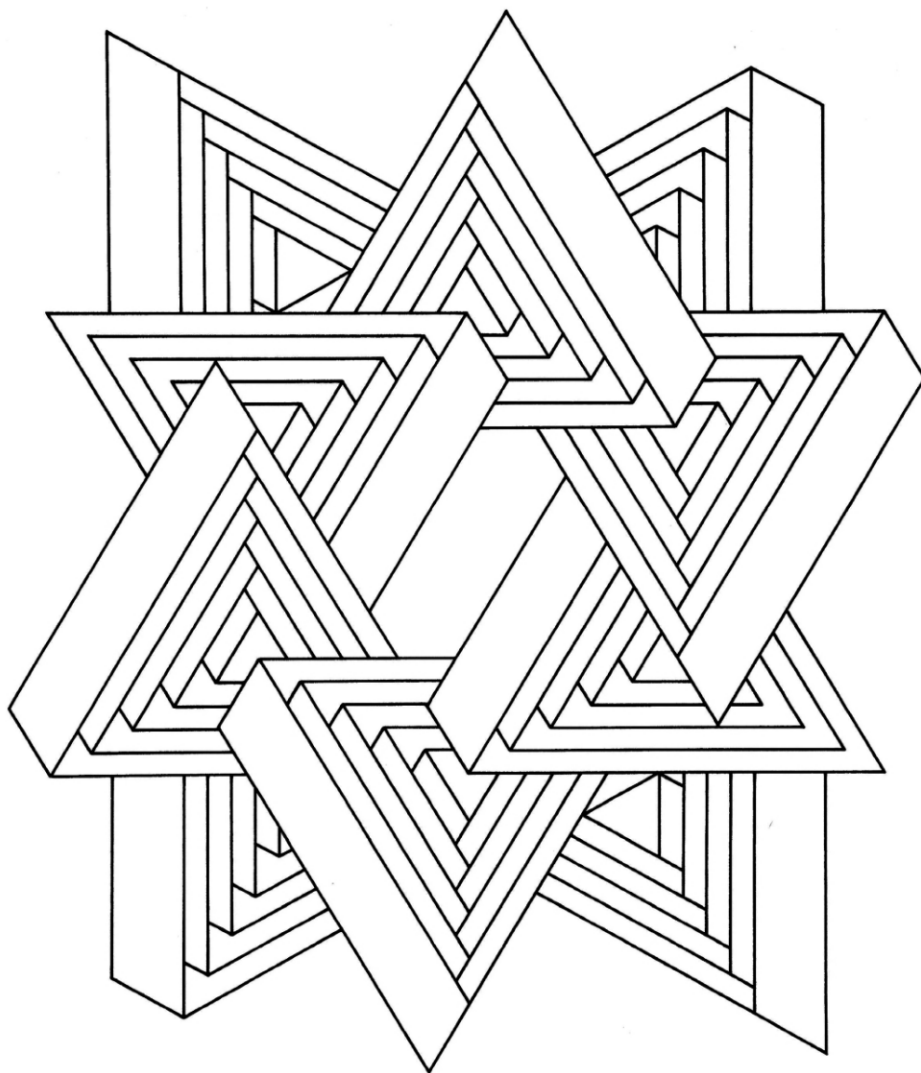
WEEKLY SCHEDULE

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Relax & Color

I can and
I will.

HOW AM I
FEELING?



WEEKLY SCHEDULE

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Write the words you need to hear:

A grid of 20 rows and 30 columns of dots for writing.

SHAC Tip:

The Pomodoro Study Technique



- Set a timer and work for 25 minutes, then take a break for 5 minutes. (Each 25-minute block is called a "Pomodoro")
- After four pomodoros have passed (100 minutes of work time with 15 minutes of break time) proceed to take a 15-20 minute break.
- Frequent breaks keep your mind fresh and focused!

October

OCTOBER

2022

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WEEKLY SCHEDULE

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Relax & Color

Did you know SHAC has
a wellness podcast?
Check out
HonesTea with SHAC HP!



WEEKLY SCHEDULE

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Make a list of everything that inspires you...

A grid of 20 rows and 30 columns of small grey dots, intended for writing a list of inspirations.

SHAC Tip:

Healthy Snacks to Have by Your Work Station

- Apples and pears
- Carrot and celery sticks
- Bell pepper slices
- Popcorn (whole grain preferred)
- Rice cakes
- Nuts and seeds
- Whole grain toast with peanut or almond butter



WEEKLY SCHEDULE

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Dare to keep
going? ;)

THIS WEEK'S BEST ~ PARTS ~

1. _____

2. _____

3. _____

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5. _____



WEEKLY SCHEDULE

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**What went well the first half of the semester?
What do you want to change for the next half?**

A 20x20 grid of small gray dots on a white background. The dots are arranged in a regular, repeating pattern, forming a square grid. Each dot is a small, solid gray circle, and they are spaced evenly both horizontally and vertically. The grid is composed of 20 rows and 20 columns, totaling 400 dots.

November

NOVEMBER

2022

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WEEKLY SCHEDULE

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What's a goal that you currently have on your mind? What's the first small step you can take towards achieving that goal?

A grid of 20 rows and 30 columns of small gray dots, intended for writing a goal and a first step.

SHAC Tip:

Did you know?

There are 27 Barrier Necessities Pit Stops around UNM main, north, and south campus. There are free condoms, lube, and educational information at all of the locations.

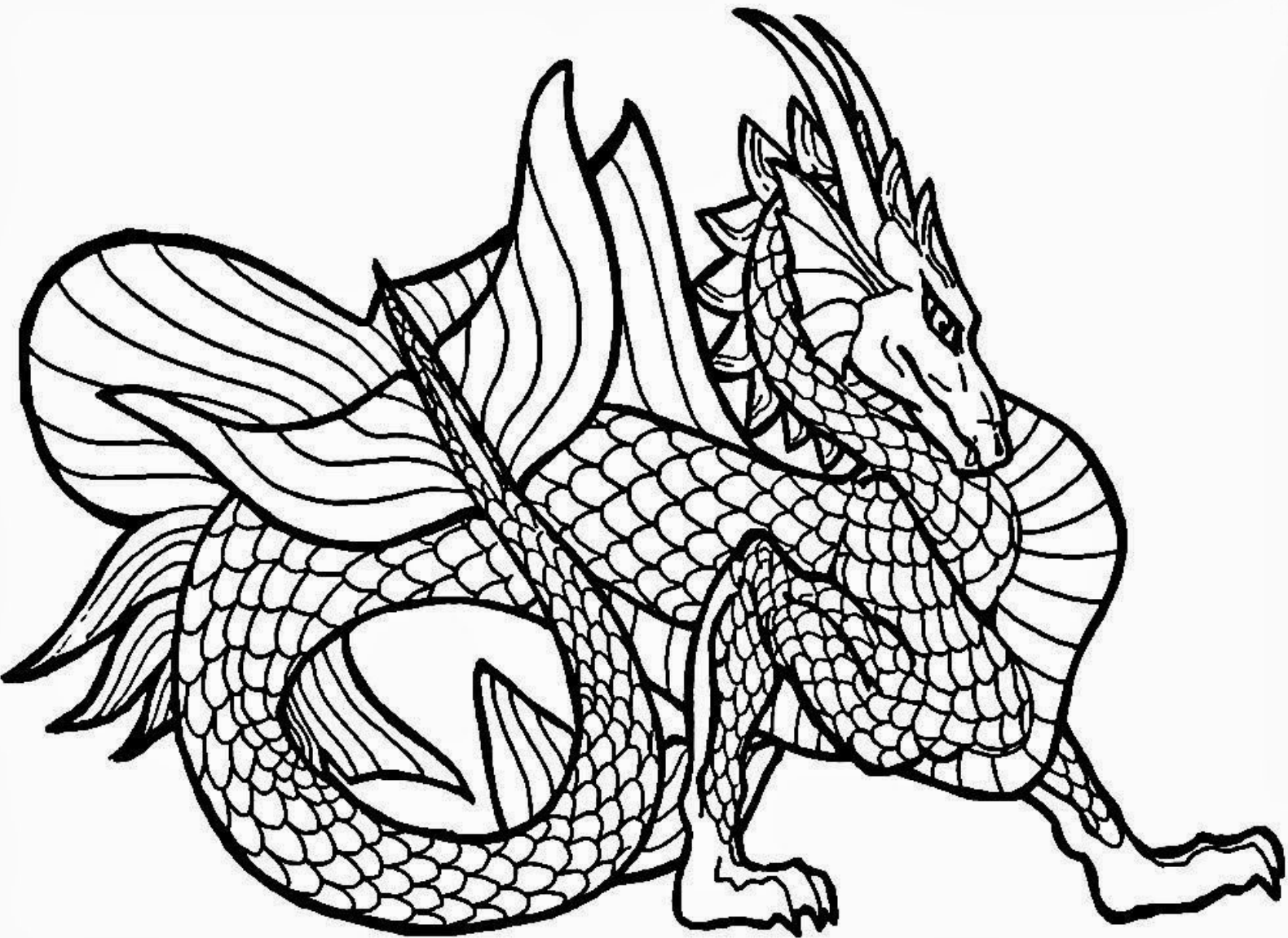


WEEKLY SCHEDULE

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Relax & Color

Change the world by
being yourself.
– Amy Poehler



WEEKLY SCHEDULE

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Describe what you love about yourself:

A grid of 20 rows and 30 columns of small gray dots, intended for writing a response to the prompt above.

SHAC Tip:

Free Resilience Building Workshops

NO CHARGE! All workshops will be done via Zoom.

RSVP: studentcounseling@unm.edu

Deadline to Register: 24 hours (1 business day) before each workshop

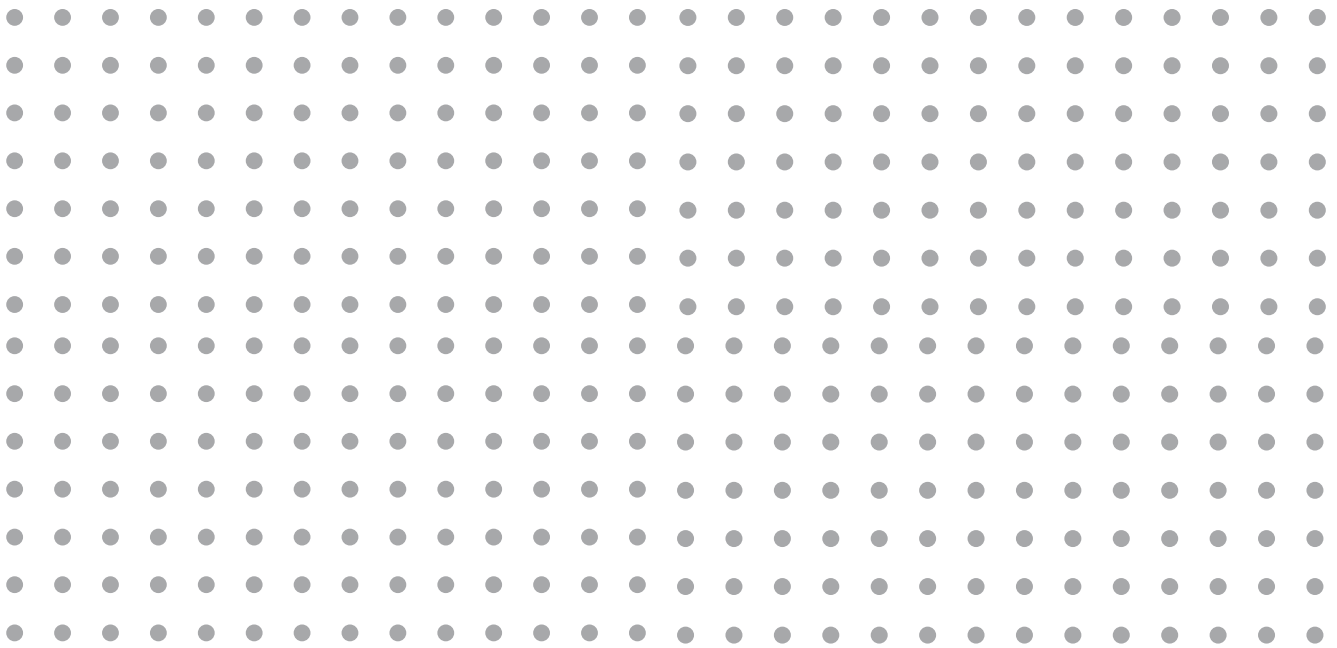
Examples: Healthy Relationships, Coping With Endings, Stress & Anxiety Toolbox, and more!



WEEKLY SCHEDULE

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Describe two or three things you do to relax:



SHAC Tip:

Massage Therapy

Some of the physical benefits of massage include: reduced muscle tension, improved circulation, stimulation of the lymphatic system, reduction of stress hormones, and relaxation.

SHAC has a massage therapist and our massages are by appointment for \$50 per 50 minute session.

To schedule a massage, please call 505-277-3136.



December

DECEMBER

2022

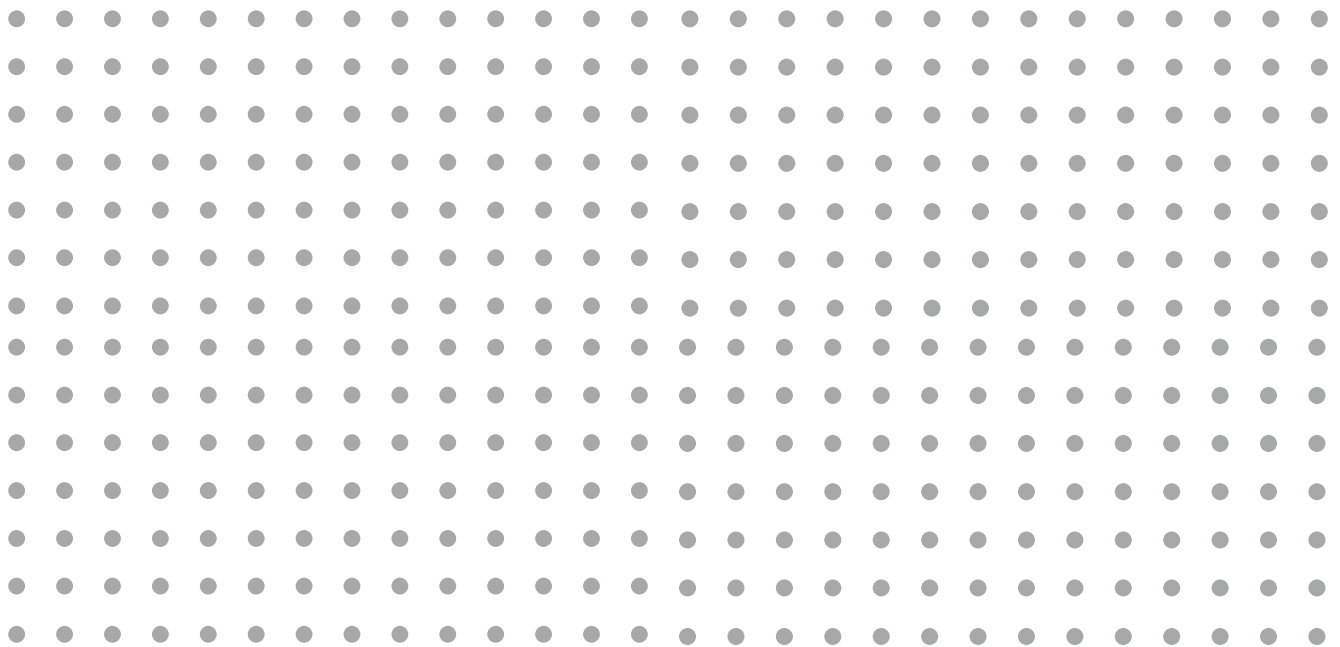
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WEEKLY SCHEDULE

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How do you show compassion to others?
How can you extend that same compassion to yourself?



SHAC Tip:

Why you should wear sunscreen everyday:
When used as directed, sunscreen is proven to:
Decrease your risk of skin cancers and skin precancers.
& help prevent premature skin aging caused by the sun!



What to look for:

-Broad-spectrum: Protects your skin from both UVA and UVB rays. SPF 15: Ideal for every day, occasional exposure, like walking your dog, or driving to work. SPF 30 or higher: Necessary for extended outdoor activities.



WEEKLY SCHEDULE

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What are your favorite things to do this time of year? Describe the feeling it gives you.

A grid of 100 dots arranged in 10 rows and 10 columns, intended for a person to write their response to the question above.

SHAC Tip:

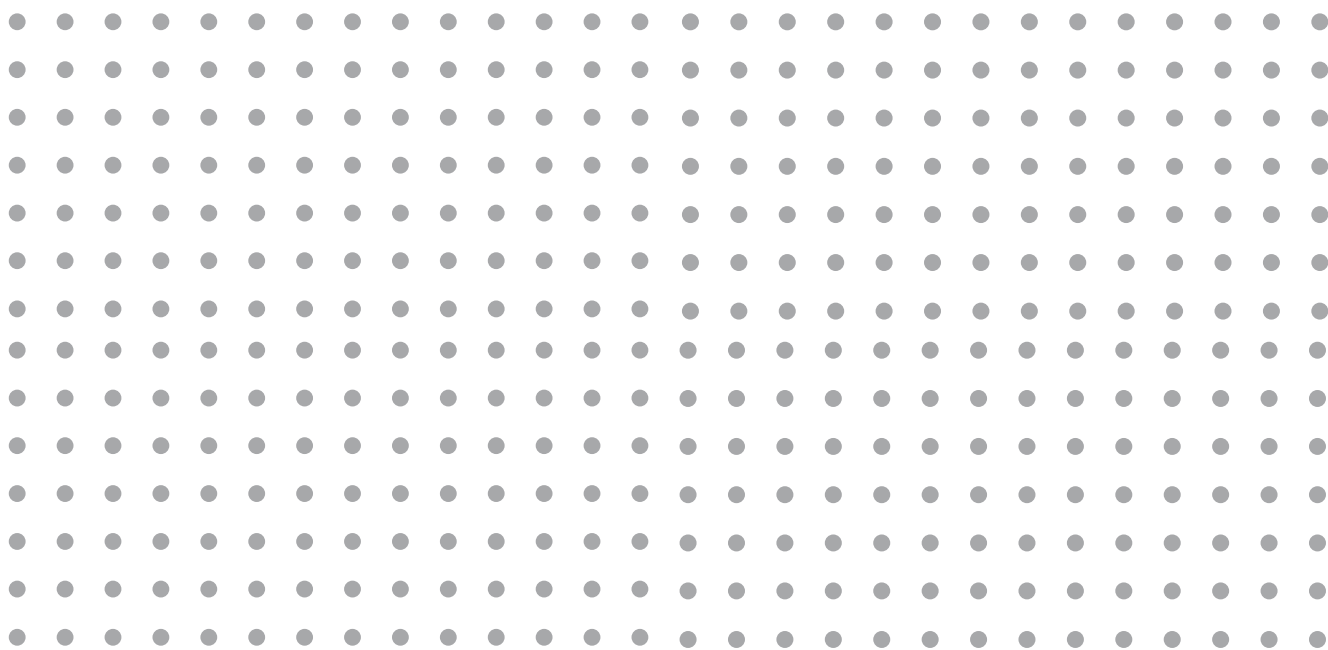
8 Tips for Staying Healthy This Winter

1. Wash your hands frequently.
2. Sanitize your surroundings.
3. Bundle up! Cover your head, hands, and feet.
4. Get your flu shot.
5. Stay active!
6. Keep a healthy sleep routine!
7. Make some room for more fruits and veggies!
8. Call SHAC if you are not feeling well. 277-3136

WEEKLY SCHEDULE

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Write down three good things that happen in the next day. Before the end of the day, read the list to remind yourself of them and reflect on them before you go to bed.



SHAC Tip:

Whats your love language?

Words: Encouragement, affirmations, appreciation, active listening.

Time: Uninterrupted and focused conversations, one-on-one time.

Gifts: Thoughtfulness and gestures to show gratitude.

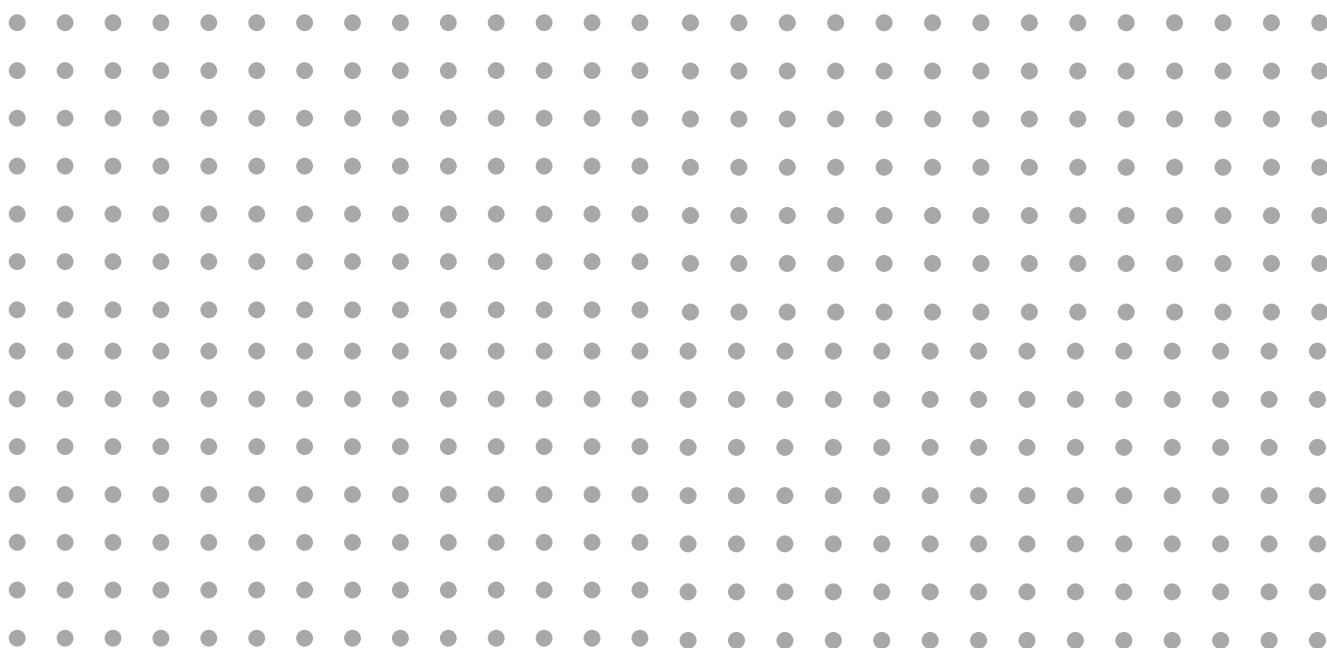
Acts: Doing chores, errands, and other acts to help lighten their load.

Touch: Use of body language and touch to show love.

WEEKLY SCHEDULE

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What has brought you the most happiness in the past?



SHAC Tip:

Move your body

Do a few exercises or stretches. You could try jumping jacks, jumping up and down, jumping rope, jogging in place, or stretching different muscle groups one by one.

Pay attention to how your body feels with each movement and when your hands or feet touch the floor or move through the air. How does the floor feel against your feet and hands? If you jump rope, listen to the sound of the rope in the air and when it hits the ground.



WEEKLY SCHEDULE

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Relax & Color

"No act of kindness,
no matter how small,
is ever wasted".

– Aesop



January

JANUARY

2023

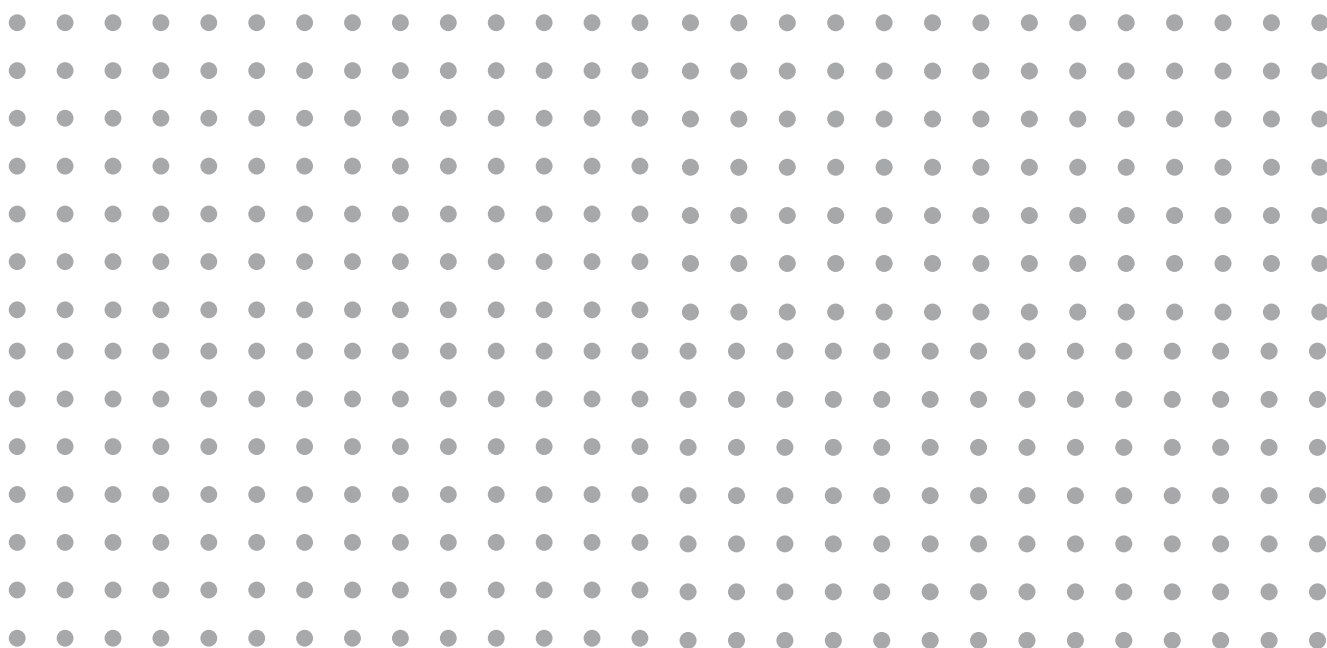
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Have you taken
break today?

WEEKLY SCHEDULE

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What do you think would bring you the most happiness in the future?



SHAC Tip:

For stress reduction:
Plan an activity

This might be something you do alone or with a friend or loved one. Think of what you'll do and when.

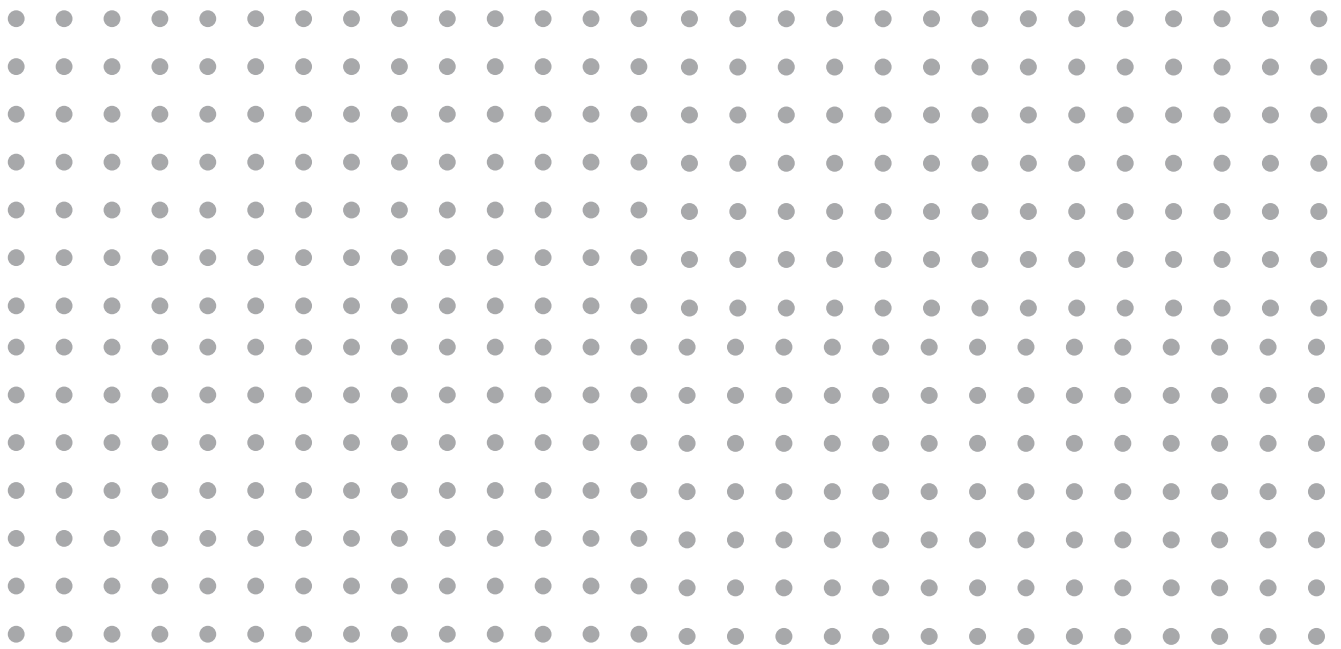
Maybe you'll go to dinner, take a walk on the beach, see a movie you've been looking forward to, or visit a museum.



WEEKLY SCHEDULE

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How would you like to be remembered after you are gone?



SHAC Tip:

Practice self-kindness

Repeat kind, compassionate phrases to yourself:

- “You’re having a rough time, but you’ll make it through.”
- “You’re strong, and you can move through this pain.”
- “You’re trying hard, and you’re doing your best.”

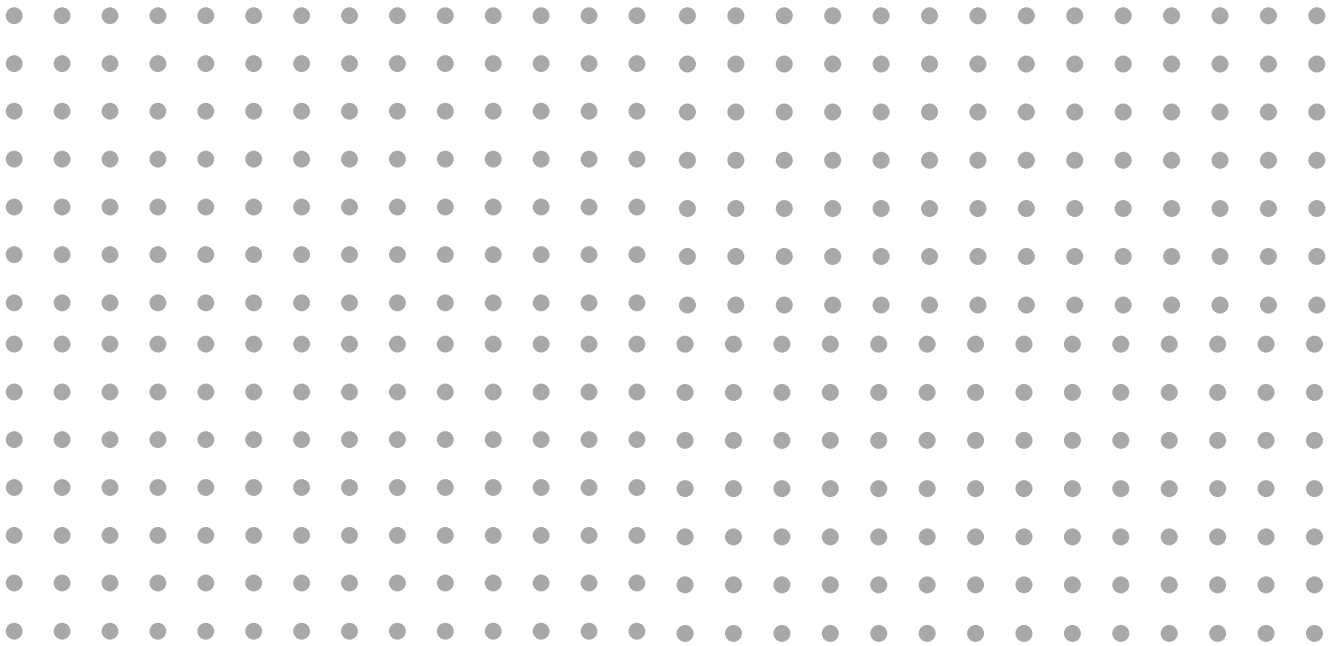
Say it, either aloud or in your head, as many times as you need.



WEEKLY SCHEDULE

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What do you most want out of life?



SHAC Tip:

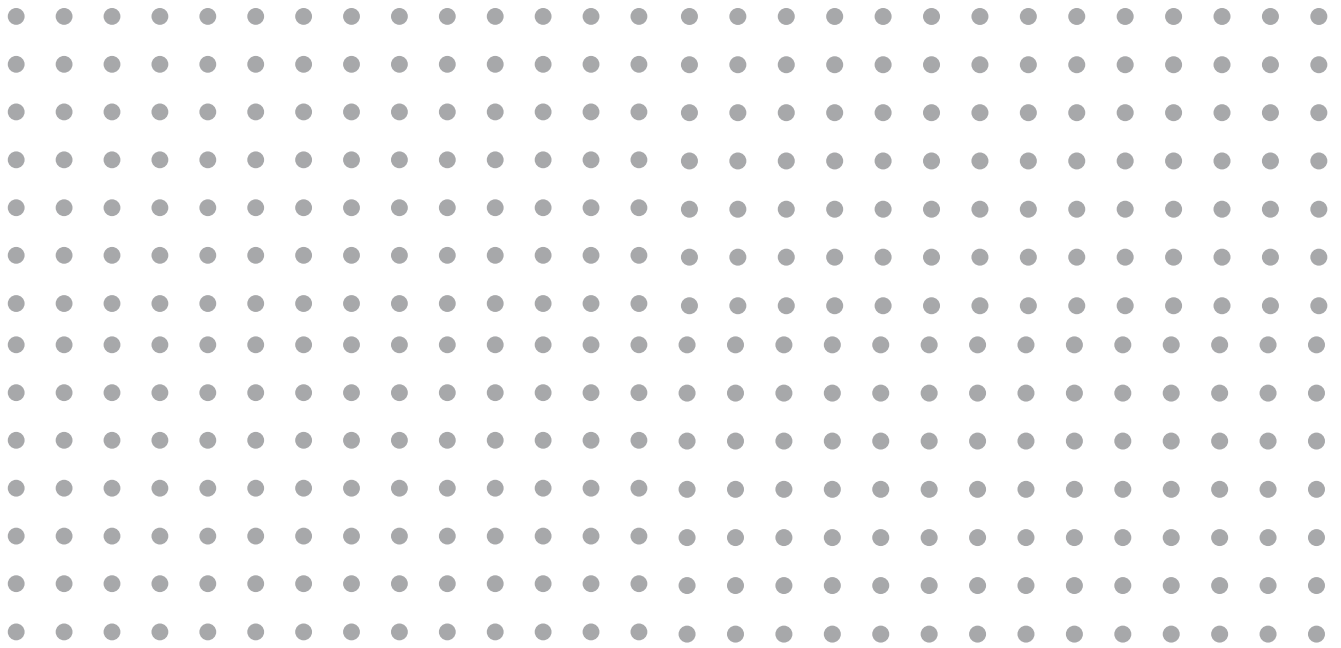
How to Manage Social Anxiety:

- Visualize yourself in social situations and how you would like to interact with others.
- Shift focus from yourself (the false perception of being observed and watched) into others and the situation (getting out of your head).
- Practice breathing techniques before entering a social situation.

WEEKLY SCHEDULE

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What boundaries could you set in your relationships to safeguard your own well-being?



SHAC Tip:

How to Manage Social Anxiety Continued:

- If you feel yourself getting anxious in a social situation, remove yourself and find a quiet place to practice breathing or grounding exercises. Once you have re-centered, return to the situation.
- Recognize you cannot control how people react and what they say. You can only control yourself, your actions, and demonstrate how you would like to be perceived.



February

FEBRUARY

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Have you taken
break today?

WEEKLY SCHEDULE

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List three things you'd like to tell a friend, family member, or partner.

A large rectangular area filled with a grid of small gray dots, intended for writing three things you'd like to tell a friend, family member, or partner.

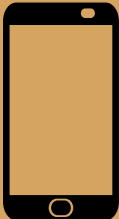
SHAC Tip:

After Hours Call Line

SHAC After-Hours: On-Call Service Regarding UNM Students Only.

Medical: Call (505) 277-3136. Select Option #2.
Counseling: Call (505) 277-3136. Select Option #3.

In case of an emergency, dial 9-1-1 or go directly to a local hospital emergency room.



WEEKLY SCHEDULE

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Describe a choice you regret.
What did you learn from it?

A large rectangular area filled with a grid of small gray dots, intended for writing a response.

SHAC Tip:



SHACs Insurance Navigator

SHAC's free Insurance Navigator is available by appointment to assist students and community members with Medicaid enrollment and insurance options. For questions or to schedule an appointment, e-mail: acaoet.unm@gmail.com.

Please visit shac.unm.edu to see the list of days and times that the insurance navigator is available.



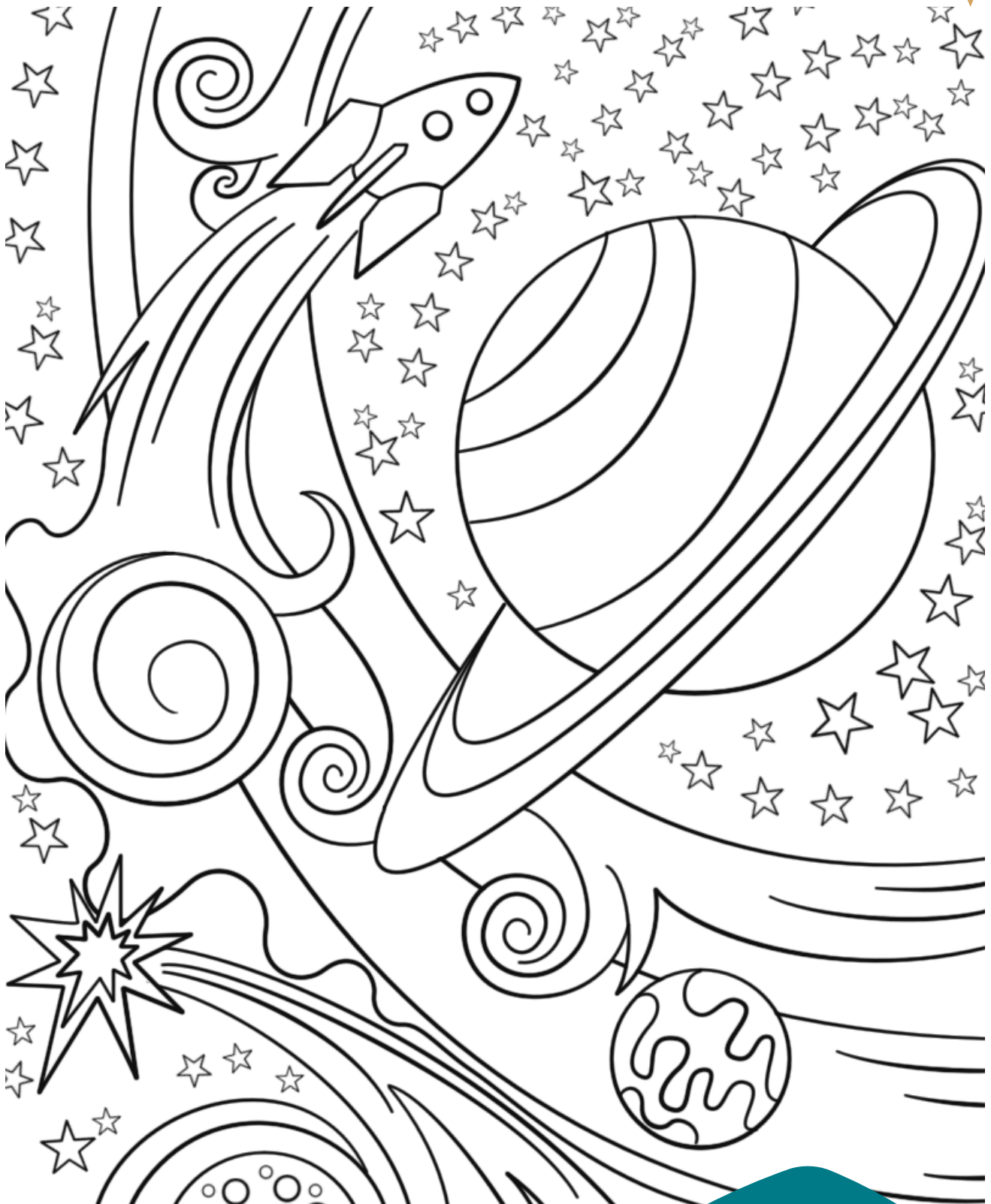
WEEKLY SCHEDULE

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Relax & Color

"Normality is a paved road: it's comfortable to walk but no flowers grow".

– Vincent van Gogh



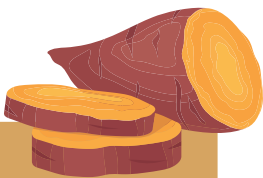
WEEKLY SCHEDULE

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Identify one area where you'd like to improve. Then, list three specific actions you can take to create that change.

A grid of 20 rows and 40 columns of small gray dots, intended for handwritten notes.

SHAC Tip:



Sweet Potatoes

- Sweet potatoes have: Vitamin A in the form of beta-carotene, Vitamin B6, Vitamin C, Potassium, & Fiber. If swapping sweet potatoes for white potatoes, you'll still want to go easy on the portions: they have a high glycemic index and glycemic load. Boiling sweet potatoes retains more beta-carotene and makes the nutrient more absorbable than other cooking methods such as baking or frying.



March

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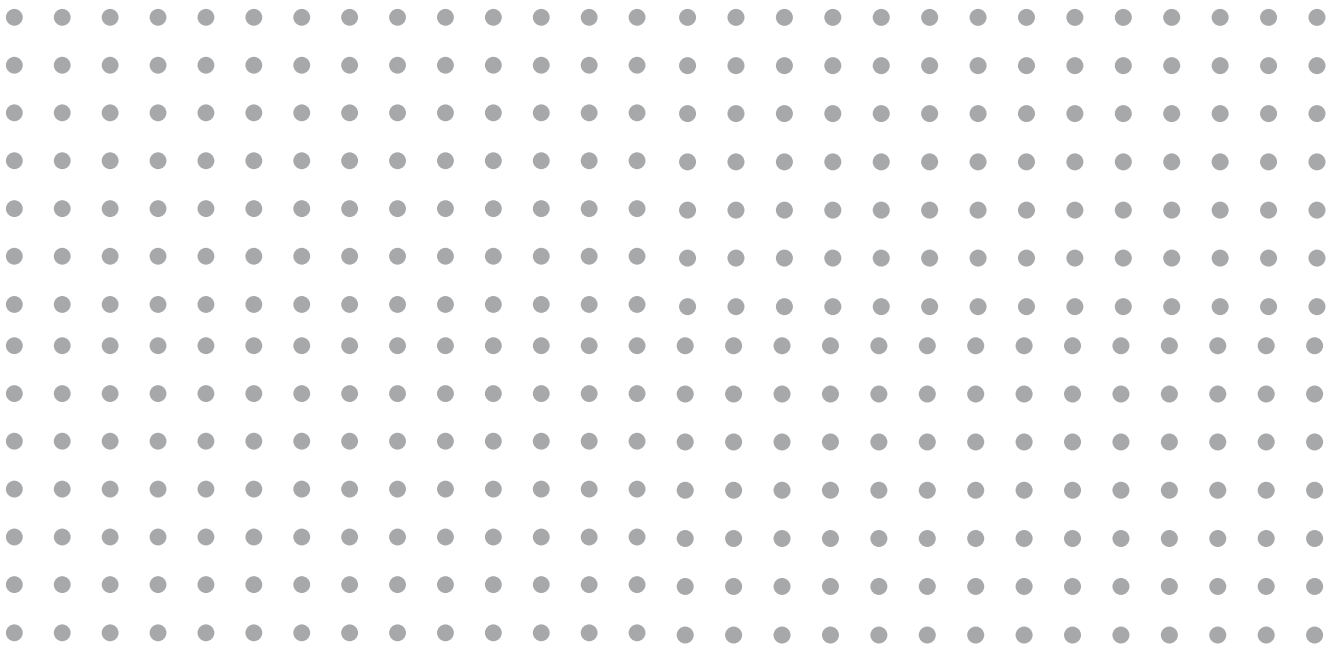
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WEEKLY SCHEDULE

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What can wait until next week?



SHAC Tip:

3 Easy Steps to Sleep Better

1. Stick to a Schedule (8 hours)
2. Create a Restful Environment
3. Diet and Exercise



(Don't go to bed hungry or full, find a good medium where you are content. Increased physical activity has shown to boost sleep pattern)



WEEKLY SCHEDULE

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How is this semester going so far?
Are things different than last semester?

A grid of 20 columns and 30 rows of small gray dots. The dots are arranged in a regular, repeating pattern across the entire image area.

WEEKLY SCHEDULE

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What are the things that I own that are the most “me”?

A grid of 20 rows and 30 columns of small gray dots, intended for a user to write their answer.

SHAC Tip:

Aromatherapy

Essential oils are basically plant extracts. Aromatherapy is the practice of using essential oils for therapeutic benefit. Clinical trials have looked at whether essential oils can alleviate conditions such as: anxiety, depression, nausea, insomnia, low appetite, dry mouth. The SHAC pharmacy sells aromatherapy products.



WEEKLY SCHEDULE

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What distractions get in the way of being my most productive?

A grid of 20 rows and 30 columns of small gray dots, intended for handwritten notes.

SHAC Tip:



Berries

Berries are a nutritional powerhouse of vitamins, minerals, fiber and antioxidants. Berries help in reducing your risk of heart disease.

Add them to your breakfast, have them as a dessert, add them to a salad or smoothie.



WEEKLY SCHEDULE

MON		GOALS
TUE		
WED		TO DO
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SUN		

"Be yourself; everyone
else is already taken."
— Oscar Wilde

Relax & Color



April

APRIL

2023

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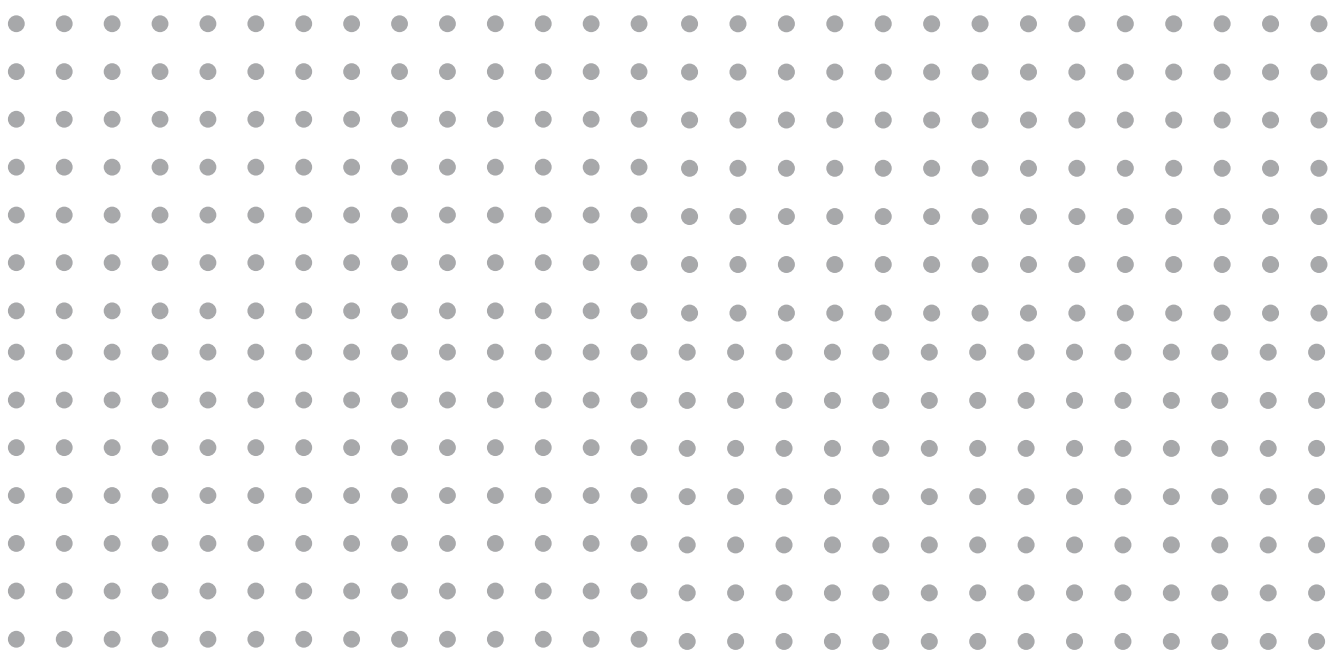
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WEEKLY SCHEDULE

MON		GOALS
TUE		
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SUN		

How does every part of my body feel in this moment?



SHAC Tip:

Traveling this summer?

International travel immunizations and consultations are available to all UNM students. We recommend that you plan on booking your travel appointment at least 4-6 weeks prior to your planned departure.

To make an appointment please call:

(505) 277-3136



WEEKLY SCHEDULE

MON		GOALS
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List your favorite books, movies, and songs:

A grid of 100 small gray dots arranged in 10 rows and 10 columns, intended for writing a list of favorite books, movies, and songs.

SHAC Tip:

Care for Yourself One Small Way Each Day

- Take small breaks to unwind (meditate, yoga, music, or a new hobby)
- Take care of your body (get moving!)
- Treat yourself to healthy foods
- Get a good amount of sleep



WEEKLY SCHEDULE

MON		GOALS
TUE		
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What does success mean to you?

A grid of 20 rows and 30 columns of small gray dots, intended for writing a response to the question above.

SHAC Tip:

Oats

Oats are also a good source of carbohydrates, vitamins, minerals, and fiber!

Use a jar or tupperware and stick in your fridge overnight.

1/2 cup Milk of your choice

1/2 cup Rolled Oats

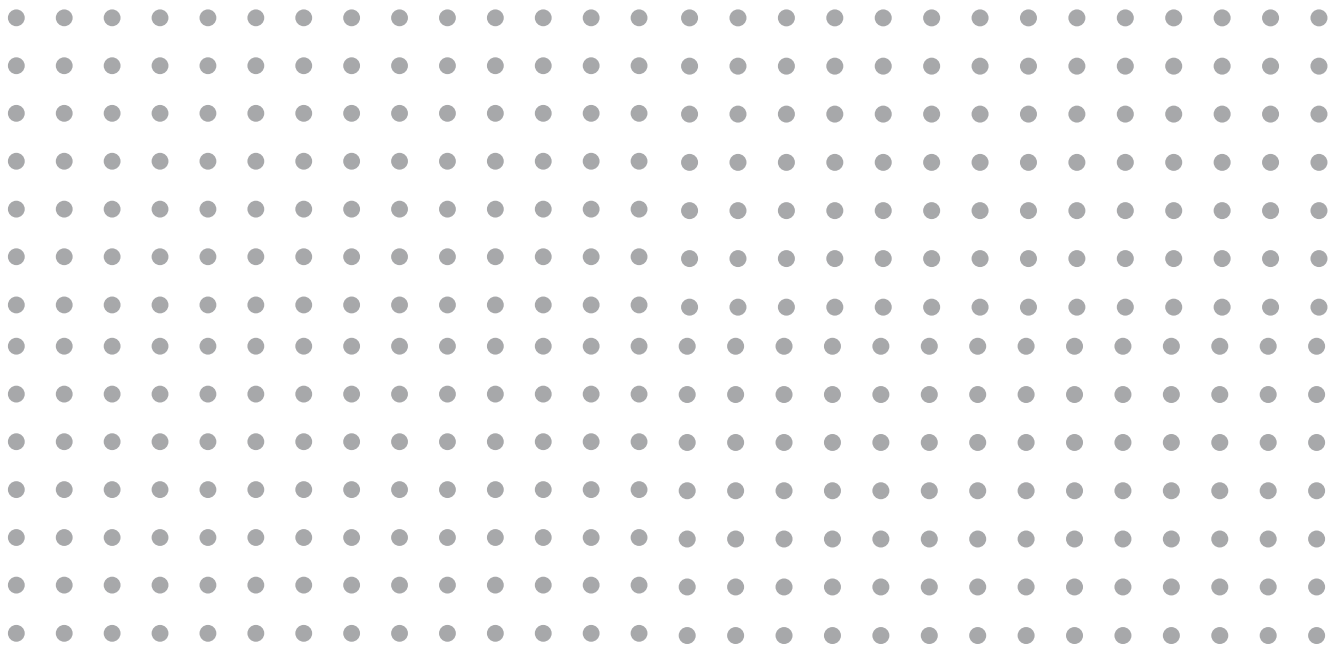
Add chia seeds, nuts, berries, nut butters, or whatever else you want!



WEEKLY SCHEDULE

MON		GOALS
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List ten things you enjoy doing? When was the last time you let yourself do these things?

A grid of 100 dots arranged in 10 rows and 10 columns, intended for writing a list of ten things.

SHAC Tip:

Acupuncture

Common conditions treated include: pain, anxiety, digestive problems, insomnia, and more!

SHAC provides acupuncture services! Check out shac.unm.edu for more information or call (505) 277-3136 to schedule an appointment.



May

MAY

2023

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WEEKLY SCHEDULE

MON		GOALS
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What are you excited for this summer?

A grid of 20 rows and 30 columns of small gray dots, intended for writing answers to the question above.

SHAC Tip:

Gratitude Rituals:

- Write ten things you're grateful for.
- Tell someone 3 things you appreciate about them
- Spend five minutes breathing into your heart
- Be of service or volunteer
- Focus on pieces of nature



WEEKLY SCHEDULE

MON		GOALS
TUE		
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How do you feel at this moment?

A large rectangular area filled with a grid of small gray dots, intended for a user to write or draw their response.

SHAC Tip:

How to set up your study space:

- Snack on smart food
- Get a good nights sleep
- Switch up your study environment
- Stick to an environment that works
- Listen to calming music
- Eliminate distractions

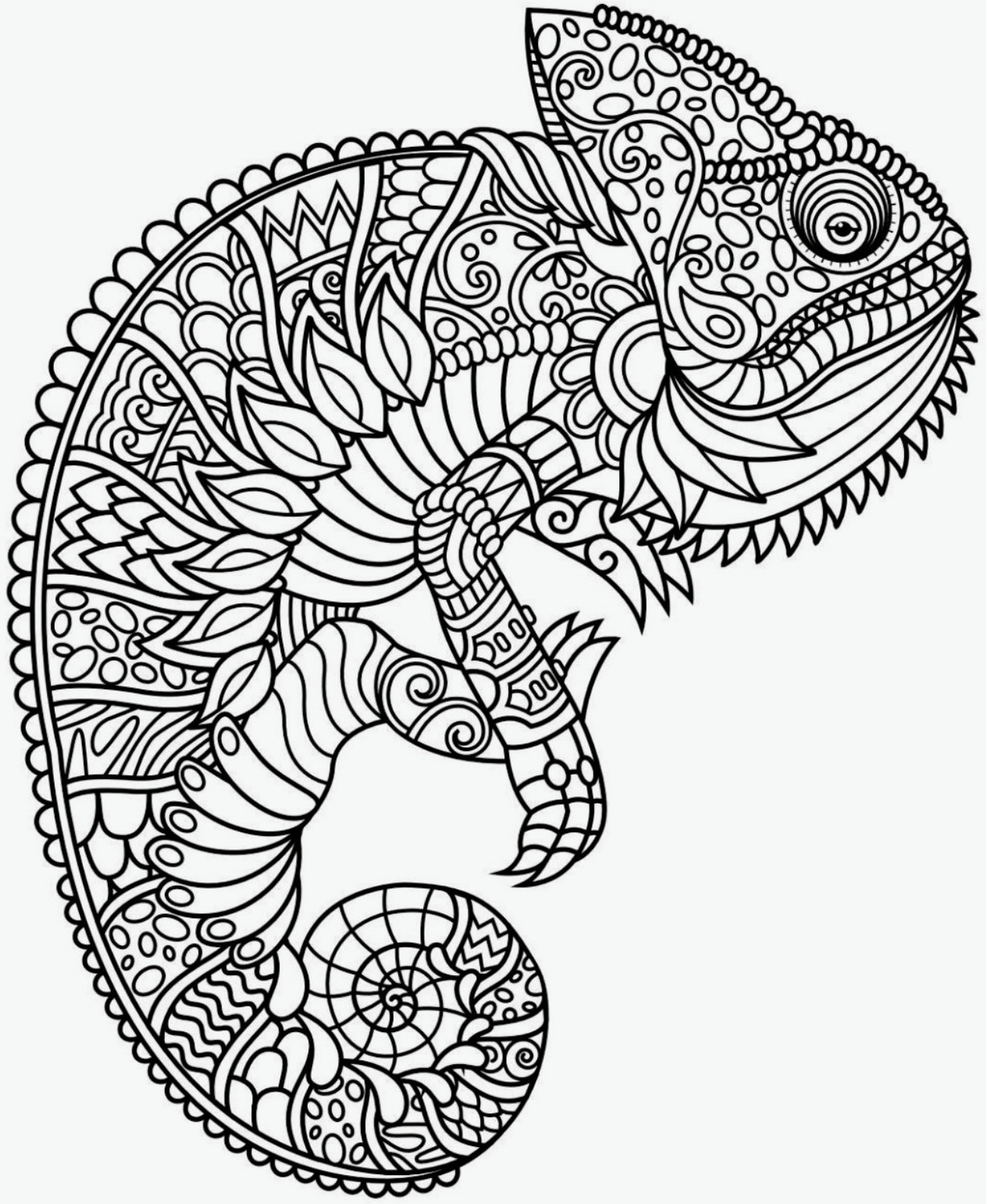


WEEKLY SCHEDULE

MON		GOALS
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Relax & Color

"If opportunity doesn't
knock, build a door."
– Milton Berle



WEEKLY SCHEDULE

MON		GOALS
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What is one accomplishment that you are proud of?

A grid of 100 small gray dots arranged in 10 rows and 10 columns, intended for a user to write their answer.

SHAC Tip:

Just a few tips to have a healthy summer:

- Put on sunscreen and a wide-brimmed hat to protect your skin from the sun.
- Drink plenty of water even if you don't feel thirsty.
- Put on insect repellent.
- Wash your hands often.



Going out of the country? Come to SHAC's Travel Health Clinic before you go! Call 505-277- 3136 to schedule an appointment.



WEEKLY SCHEDULE

MON		GOALS
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A 20x20 grid of small gray circles, totaling 400 circles. The circles are arranged in a uniform pattern, with 20 circles per row and 20 circles per column. The grid is composed of 16 columns and 4 rows of groups, with each group containing 4 circles.

A 20x20 grid of small gray dots, totaling 400 dots. The dots are arranged in a regular, repeating pattern across the entire image.

