PROMOTING HEALTH & WELL-BEING

HEALTH INITIATIVES
WHO WE ARE

VISION: To transform the Yellow Jacket community by inspiring a thriving and resilient culture of health and well-being.

MISSION: To cultivate a thriving environment that enhances lifelong well-being among students and employees who live, learn, and work in the Georgia Tech community.

LOCATION: Joseph B. Whitehead Building (Stamps) 2nd floor

SUB-UNITS: Community Nutrition, Health Education, VOICE
Health Initiatives has two registered dietitians on staff to help you have healthful and balanced eating habits, on and off campus. We encourage you to eat a balanced variety of foods that satisfy both your body and mind.
• Nutrition Counseling
• Grocery Store Tours
• GT Body Positive
• Flavorful Fridays
• Presentations on request
  • Eating on a Budget
  • Nutrition 101
  • Intuitive Eating
  • Body Image and Disordered Eating
Education, outreach, and awareness events for the campus related to:

- Alcohol
- Sexual Health
- Stress and Anxiety
- Time Management
- Sleep
- Mindfulness
- Resilience, etc.
Sexual and Relationship violence prevention and response initiative
Founded on the premise that everyone has the right to live and learn at Georgia Tech, free of violence or the threat of violence

- 2 VOICE advocates
- 1 Health Educator
VOICE Education and Outreach

Domestic Violence Awareness Month

Sexual Assault Prevention Month
  • Teal Ribbon Day
  • Take Back the Night

Healthy Relationships Week

Trainings and workshops:
  • Bystander Intervention
  • Healthy Relationships
  • Sexual Violence Prevention
INDIVIDUAL SERVICES

- Nutrition Counseling
- Wellness Coaching
- VOICE Victim Support
- HIV Testing
How To Get Involved

• Healthy Jackets Peer Educators
• VOICE Peer Educators
• Well-Being Activators
• Certified Healthy
Self-Care Tips

• Take stock of what’s on your plate
• Find time for yourself every day
• Delegate - learn to ask for help
• Learn to say no (or yes) more often
• Attend workshops/professional training regularly
• Communicate effectively
• Exercise, sleep and take care of yourself
<table>
<thead>
<tr>
<th>Went to bed when I felt tired</th>
<th>Had the hard conversation</th>
<th>Said no when I wanted to say no</th>
<th>Took a mental health day</th>
<th>Crossed something off of my to-do list</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asked for help when I needed it</td>
<td>Took a social media break</td>
<td>Dropped a habit that no longer serves me</td>
<td>Implemented a morning or evening ritual</td>
<td>Stayed hydrated and ate enough</td>
</tr>
<tr>
<td>Did my laundry before the pile got overwhelming</td>
<td>Got enough sleep</td>
<td>FREE</td>
<td>Practiced setting boundaries</td>
<td>Drank soda water instead of wine when feeling down</td>
</tr>
<tr>
<td>Went to therapy</td>
<td>Paid my bills instead of buying another pair of shoes</td>
<td>Did a mindfulness practice</td>
<td>Spent time with people who nourish and support me</td>
<td>Journalled or created art</td>
</tr>
<tr>
<td>Spent some time outside</td>
<td>De-cluttered my space (hi, Marie Kondo)</td>
<td>Stopped weighing myself</td>
<td>Practiced self-compassion</td>
<td>Allowed myself to be human instead of perfect</td>
</tr>
</tbody>
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CONTACT INFORMATION

Email:
healthy@gatech.edu

Phone:
(404) 894-9980

Office Hours:
Mon - Wed: 8:00am – 5:00pm
Thurs: 9:00am – 5:00pm
Fri: 8:00am – 5:00pm

Location:
2nd Floor, Stamps Health Services, Suite 232 and Suite 204

Website
healthinitiatives.gatech.edu

Facebook
GTHealthInitiatives

Instagram
@gthealthinitiatives
THANK YOU!