



# 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) 2<sup>nd</sup> floor

**SUB-UNITS:** Community Nutrition, Health Education, VOICE

# COMMUNITY NUTRITION

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

NUTRITION EDUCATION AND OUTREACH



# HEALTH EDUCATION

Education, outreach, and awareness events for the campus related to:

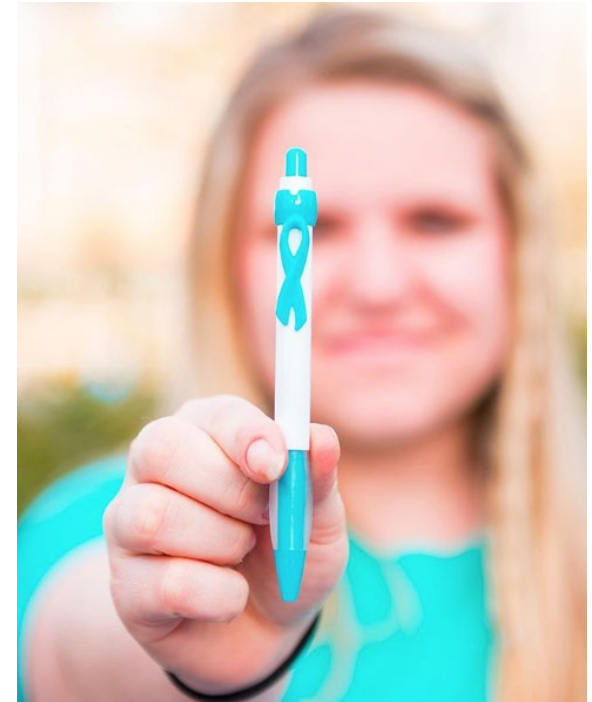
- Alcohol
- Sexual Health
- Stress and Anxiety
- Time Management
- Sleep
- Mindfulness
- Resilience, etc.



# VOICE

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



## ❖.....❖ Real Self-Care Bingo ❖.....❖

Went to bed when I felt tired	Had the hard conversation	Said no when I wanted to say no	Took a mental health day	Crossed something off of my to-do list
Asked for help when I needed it	Took a social media break	Dropped a habit that no longer serves me	Implemented a morning or evening ritual	Stayed hydrated and ate enough
Did my laundry before the pile got overwhelming	Got enough sleep	FREE	Practiced setting boundaries	Drank soda water instead of wine when feeling down
Went to therapy	Paid my bills instead of buying another pair of shoes	Did a mindfulness practice	Spent time with people who nourish and support me	Journalled or created art
Spent some time outside	De-cluttered my space (hi, Marie Kondo)	Stopped weighing myself	Practiced self-compassion	Allowed myself to be human instead of perfect



# CONTACT INFORMATION

**Email:**

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**Phone:**

(404) 894-9980

**Office Hours:**

Mon - Wed: 8:00am – 5:00pm

Thurs: 9:00am – 5:00pm

Fri: 8:00am – 5:00pm

**Location:**

2<sup>nd</sup> Floor, Stamps Health Services, Suite 232 and Suite 204

**Website**

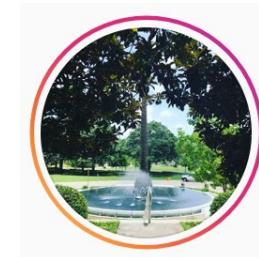
[healthinitiatives.gatech.edu](http://healthinitiatives.gatech.edu)

**Facebook**

GTHealthInitiatives

**Instagram**

@gthealthinitiatives





THANK YOU!

