



Dear Students,

Now that spring classes are in progress, don't forget that the Community Wellbeing office is here for you with resources to support your success this semester and beyond.

Lydia Goff(she/her) Bentley's Mental Health Promotion Specialist has several planned opportunities to equip you with quick and easy tools that support mental wellbeing. Be on the lookout for:

- **Pause on Purpose (POP) Ups** from 12p-3p on the 1st and 3rd Wednesday of each month. These include activities like a wellbeing prize wheel, water bead stress balls, wiki worry rocks, aroma therapy pouches and more!
- **3rd Annual Good Vibes Challenge** beginning February 20th. Each week there will be a different wellbeing tool for you to try and weekly prizes for students who enter. Info will be emailed to all students.
- **2nd Annual Good Vibes Day** April 12th (details to come)

Mallory Loggins (she/her) our Health Promotion Specialist, has several programs in the works:

- a new **sexual health guide** for students available late February
- A **"Sex in the Dark"** (anonymous, night time, Q and A event with health experts) is being planned to accompany its release.
- **one-on-one confidential coaching and group trainings** on topics like sleep, stress management, alcohol, marijuana and more

[Applications are now available for 2023-2024 Peer Education Positions.](#) These are **paid** student leadership opportunities that work to create a healthier and more inclusive campus culture.

- The Wellbeing Educators, or WEs, focus on promoting skills and self-care.
- The Relationship + Sexual Violence Prevention Educators, or RSVPs, provide workshops and content around, consent, dating violence, bystander intervention, stalking and sexual violence.

Current peer educators are ready to facilitate trainings so contact us to schedule a workshop for your group or attend one of their events publicized on [Instagram](#) or [campus groups](#).

Bentley also has a brand new chapter of Active Minds. This student organization's general body meetings are Sundays at 6pm in Harry's. Follow them on Instagram [@bentley.activeminds](#) or on campus groups and be on the lookout for chapter sponsored events.

Our team will be meeting with many students this semester (and beyond) in our continuous efforts to ensure we are meeting your needs. Please don't hesitate to reach out to us with ideas or concerns-- We'd love to hear from you. Our email is thrive@bentley.edu and you can always access supportive resources on our [website](#) and [follow us on Instagram](#) for reliable tips and programs on mental and physical wellbeing.