



WELLNESS MATTERS

YOUR QUARTERLY TIGER HEALTH NEWS

STUDENT HEALTH AND COUNSELING SERVICES NEWSLETTER

JUNE-AUG
2024-2025



End of Year Wellness Newsletter: **Wrapping Up the Year with Rest & Renewal**

As we approach the end of another busy academic year, we want to take a moment to congratulate all of you for your hard work, perseverance, and growth. For those wrapping up their studies, we wish you a restful summer, filled with moments to relax and recharge. And for those returning for the summer semester, we're here to support you as you continue your journey toward success. Whether you're staying on campus or taking some time off, we hope this newsletter offers valuable resources to help you prioritize your health and well-being in the coming months.

 #BeTigerWell



Counseling Center
214 Wilder Tower 901-678-2068

Health Center
200 Hudson Health Center 901-678-2068



WELLNESS MATTERS

YOUR QUARTERLY TIGER HEALTH



WELLNESS TIPS

Sleep – Your Key to Recovery and Success

As we close out the school year, it's the perfect time to reflect on how well we are taking care of ourselves—especially when it comes to sleep. While we often prioritize study sessions, social commitments, and extracurricular activities, sleep is one of the most important pillars of health that often gets neglected.

Why Sleep Matters:

- **Restoration:** Sleep allows your body and mind to rest, recharge, and heal.
- **Mental Clarity:** A good night's sleep improves cognitive function, focus, and memory—key for academic success.
- **Physical Health:** Chronic sleep deprivation is linked to a range of health issues, including weakened immune function, high blood pressure, and even depression.

Tips for Better Sleep:

1. **Create a Sleep Schedule:** Go to bed and wake up at the same time every day, even on weekends.
2. **Limit Screen Time:** The blue light emitted by phones and computers can interfere with your ability to fall asleep. Try to avoid screens at least 30 minutes before bed.
3. **Create a Calm Bedtime Routine:** Wind down with calming activities like reading, journaling, or meditation.
4. **Optimize Your Sleep Environment:** Keep your room cool, dark, and quiet to promote restful sleep.
5. **Exercise Regularly:** Physical activity earlier in the day can help you fall asleep faster and improve sleep quality, but avoid vigorous exercise right before bed.
- 6.

Did You Know?

Studies show that college students are among the most sleep-deprived age group. Prioritizing sleep can help improve everything from academic performance to your overall well-being. This summer, consider focusing on your sleep habits as a way to nurture your body and mind.

[Centers for Disease Control, 2025](#)

RESOURCES

• Relaxation Zone



Monday to Friday

Fall & Spring 9:00 am- 4:00 pm

Summer: 12pm-3pm

2 locations:

- Brister Hall 302
- UC 2nd floor 227

Vent about It



Returning
this
Fall

Questions? Contact us: umswab18@gmail.com or message at @UofMSWAB

BE TIGER WELL

Less Stress Success Weekly Interactive Series

The Less Stress Success Interactive Series will help students Think Well! Feel Well! and Do Well! Each week students will have the opportunity to work on their mental health and well-being with interactive activities to help them throughout the semester. Attend a few or attend them all! Come and learn how to be the best you, you can be!

Semester Sessions: [Click here for website.](#)

Returning
this
Fall



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WELLNESS MATTERS

YOUR QUARTERLY TIGER HEALTH



May

Zen Zone | 05/09 | 9am-12pm | UC RZ

HIV Testing | Every Wed | 11am-2pm | UC 208

STI Testing | Thurs May 15th

| 11am-2pm | UC Clock Tower

June

HIV Testing | Every Wed | 11am-2pm | UC 208

STI Testing | Thurs June 26th

| 11am-2pm | UC Clock Tower

Follow us on SM for Event Updates

July

HIV Testing | Every Wed | 11am-2pm | UC 208

MHFA | 07/09 | 9am-1pm | UC Senate

MHFA | 07/30 | 9am-1pm | UC Senate

STI Testing | Thurs July | 11am-2pm

| UC Clock Tower



SHCS & FRIENDS FOR ALL

HIV & STI

Let's Join the Fight

TESTING

*Know Your Status
Get Early Diagnosis*

WEDNESDAY **ALL** **SUMMER SEMESTER** **UC CONFERENCE ROOM 208** **11:00AM-02:00PM** **COST IS FREE**

Help raise awareness about the importance of HIV testing to fight the spread of HIV virus

MORE INFORMATION, GO TO MEMPHIS.EDU/SHCS

Event Description: Join us every other Wednesday starting May 14th for free and quick HIV testing on campus. In partnership with Friends For All, they will offer rapid testing for HIV (1 minute), Hepatitis C, and syphilis (20 minutes, simultaneous testing available). Learn about PrEP for HIV prevention, access medications, and get connected to treatment for STIs like chlamydia, gonorrhea, and syphilis.

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FOCUSING ON YOU

Togetherall.com

Courses, resources and articles available in Togetherall
You think out they have it!



Anxiety, Stress and Worry

Job Loss & Financial Stress

Sleep

Bullying

Self-Harm

General Mental Health,
Wellbeing & Self-Development

Obsessive and Compulsive Tendencies

Loneliness and Isolation

Alcohol, Smoking and
Substance Misuse

Bereavement & Loss

Depression and Low Mood

Anger Management

SUMMER TESTING

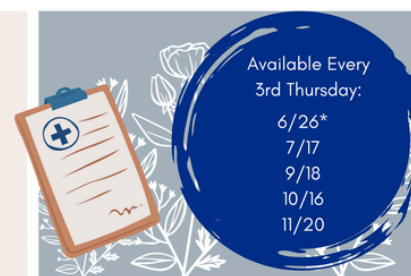
HIV/STI TESTING



Results are available within 72 hours

Getting tested regularly is very important for your overall health

THURSDAY,
May 15
10AM-2PM
UC Clock
Tower



Friends For All Mobile Van will be parked out front

Know Your
Status

Presented By: **FRIENDS FOR ALL** & **U THE UNIVERSITY OF MEMPHIS**
Student Health and Counseling Services

WELLNESS RESOURCES

Here are some additional resources to help you cope with stress

Online

- [Totherall](#)
- [Stress Less for a Healthier Heart](#)
- [Wellness@NIH](#)
- [Helpful Practices to Manage Stress and Anxiety \(NIMH\)](#)
- [So Stressed Out Fact Sheet \(NIMH\)](#)
- [Stress \(NCCIH\)](#)
- [7 Steps to Manage Stress and Build Resilience \(ORWH\)](#)
- [Stress Screener](#)

On-Campus

Counseling Center:

214 Wilder Tower

Monday to Friday

8:00 am- 4:30 pm

Evening hours available

during Fall and Spring

Walk-In Hours in person &
virtual

Monday- Friday 10:00-3:00

After hours TigerCares Line
901-678-2068 opt 2

Relaxation Zone

Monday to Friday

Fall & Spring 9:00

am- 4:00 pm

Summer: 12pm-3pm

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