Health/Wellness Programs

Available Programs

**Health/Wellness Programs**

### Stress Management/Freeze Frame

**Designed to promote:**
- Awareness of how our perceptions can affect stress.
- Identification and prevention of stress through use of Freeze Frame technique.

**The Freeze Frame format is a short presentation and demonstration of computerized interactive software.**

**Time estimate:** 45-60 minutes

### Sleep Wellness

**Designed to promote:**
- Healthy sleep habits and strategies.
- Sleep trivia questions. Participants will be surprised at what they don’t know about sleep.
- Interactive activity to identify sleep barriers.
- Construction of a healthy sleep action plan.
- Journal to track sleep patterns.

**Time estimate:** 45-60 minutes

* This program can be followed with a second session to review sleep journals and help students work towards reaching their sleep goals.

### Campus Land

**Designed to promote:**
- Campus resources and services through the use of an interactive game.

**Game includes:**
- Game board
- Game cards

**Time estimate:** 30-45 minutes

Great for orienting new students as well as challenging returning students!

### Game Show

**Designed to promote:**
- Understanding of others’ perceptions of healthy behavior and of social norms surrounding various health choices.

**Game includes:**
- Audience response cards, a.k.a. “clickers” which provide feedback to the audience.
- Opportunity for “contestants” to guess the responses of the audience.

* Game can be tailored to address a health topic of choice.

**Time estimate:** 45-60 minutes

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**For more information or to schedule a program, contact**

Beu Health Education @ 309.298.3225

OR

Submit Program Request Form

On Beu Health Education Website

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Available Programs

**Nutrition Jeopardy & Eating Wellness Jeopardy**
- Designed to promote:
  - Healthy eating habits
  - Better understanding of nutritional needs
  - Identification of signs and symptoms of disordered eating

**Body Image**
- Designed to promote:
  - Healthy body image
  - Awareness of factors that affect body perceptions
  - Understanding of barriers to a healthy body image

**Game includes:**
- Jeopardy board
- Question cards
- Visual aids to demonstrate various nutrition topics and complement the game

**Time estimate:** 45-60 minutes

**Condom Card Game**
- Designed to promote:
  - The proper sequence for using a latex condom
  - Discussion on ways to have safer sex.
  - Awareness of other barrier options (e.g., dental dam, female condom)

**Game includes:**
- Condom sequence cards
- Visual aids will be utilized to complement the game and demonstrate proper condom use

**Time estimate:** 45-60 minutes

**Deconstructing the Hook-up**
- Designed to promote:
  - The importance of healthy communication regarding sexual health
  - An exploration of different meanings (Why, Who, Where, and When) of “hooking up”
  - Increased knowledge about contraceptives or abstinence to protect against STIs, HIV/AIDS, and pregnancy

**Format is interactive through the use of large and small group discussion**

**Germs without Genitals**
- Designed to promote:
  - Healthy hygiene to prevent cold/flu
  - Debunking myths related to cold/flu

**Game includes:**
- True/False game cards
- Glo Germ device for demonstrating hand washing tips

**Time estimate:** 30-45 minutes

**Spiritual Wellness**
- Designed to promote:
  - Understanding of what spirituality means to individual students
  - Connections and differences between spirituality and religion
  - How to foster a safe space for spirituality discussions to occur
  - Ideas to incorporate spirituality into daily lives

**Time Estimate:** 45-60 minutes

**Sex Jeopardy**
- Designed to promote:
  - Understanding the use of contraceptives or abstinence to protect against STIs, HIV/AIDS and pregnancy
  - Familiarity with facts concerning healthy lifestyle choices when dealing with sex-related issues

**Game includes:**
- Jeopardy board
- Question cards

**Time estimate:** 45-60 minutes

**Money Well**
- Designed to promote:
  - Financial wellness and responsibility
  - An understanding of how to create and maintain a personal budget

**Program Includes:**
- Personal budget creation
- Individual assessment of spending habits
- Tips on financial wellness for college students

**Beyond the Perk**
- Designed to promote:
  - Awareness of the effects of caffeine and energy drinks on the human body
  - Safe and moderate caffeine consumption

**Program Includes:**
- Personal caffeine consumption evaluation
- Individual action plans for caffeine consumption moderation