



INNSIGHTFUL

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Sponsored by the UCC & ISSA

Emotional Wellness Program for University Students

By Insightful

OUR SOLUTION CAN HELP YOU!

Emotional Wellness Program by Insightful is a semester-long program that aims at teaching university students the resiliency skills that they need to succeed in the stressful university environment. The program utilizes support groups, just-in-time content, and wellness coaches to provide the support and guidance they need to cope with their on-going personal and school-related stress and anxiety.

PROGRAM INCLUDES



Emotional Wellness Psychoeducation



Coping Exercises for Immediate Relief



Chat with Wellness Coach



Group Chat and Group Activities



1-Hour Weekly Group Sessions on Zoom



Positive Activities



Mindful Mediations



Healing Stories

Available to Notre Dame Students Spring 2023

Note: Groups will include **ONLY Notre Dame Students** and will be formed based on the availability you provide during registration. Graduate and Undergraduate students will be placed in separate groups. **Deadline to Register: February 3rd.**

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Sign up now.
Program can start as early as January 23rd.

To register, scan the QR code.
Use the coupon "FreeNotreDame" to get free access to the program.



Scan me to register

We Will Take You on a Meaningful Journey



Identifying and Meeting Emotional Needs



Academic Stress



Developing and Maintaining Healthy Relationships



and many more..



The Importance of Sleep and Dreaming



Building Resilience and Avoiding Burnout

Innsightful Proven Outcomes **for Students**

- ✔ **Feel supported, understood and heard 24/7**
- ✔ **Improved academic outcomes**
- ✔ **Reduced levels of stress and anxiety within the first month**
- ✔ **Better relationships with others**
- ✔ **Practical coping mechanisms for students**
- ✔ **Increased engagement and feelings of belonging**

What University of Notre Dame Students say about this program

- “ This program not only gave me a forum to vocalize the thoughts that haunted me for years, but helped me learn from like-minded individuals on journeys similar to mine. ★★★★★ ”
- “ My overall change in personal and emotional wellness has improved. How I react in certain situations has changed for the better and I'm better able to look at my emotions and situations more objectively in a positive way, making it easier to deal with. ★★★★★ ”
- “ I feel like I am better able to combat emotional challenges I face and prevent crises from happening by acting proactively. ★★★★★ ”
- “ As an international student, this was a great way to share what I feel with different people and find similarities. I became more aware of my daily emotions, and I think I am learning to be there with them as part of me. ★★★★★ ”

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