



# Emotional Wellness Program for Notre Dame Graduate Students

By Innsightful

## OUR SOLUTION CAN HELP YOU!

Emotional Wellness Program by Innsightful is a 12-week program for students that aims to get you moving forward and making you feel better as quickly as possible in a timeframe that is right for you. The program utilizes support groups and wellness coaches meant to provide you with the support and guidance you need to better cope with 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 Meditations



Healing Stories

**Available to Notre Dame Graduate Students Spring 2024**

**Note: Groups will include ONLY Notre Dame Students and will be formed based on the availability you provide during registration. Deadline to Register: January 21st.**



Sign up now.  
Groups starting  
on **January 29th.**

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



The Importance of  
Sleep and Dreaming



Building Resilience and  
Avoiding Burnout



and many  
more..

## What Notre Dame Grad Students say about this program

### 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

“ My goal in joining the emotional wellness program was to smoothen my transition from moving states and starting my Ph.D. in Engineering. Joining the wellness program has not only made this transition smoother for me, but helped me identify areas for improvement in my personal and emotional life, as well as provided me with the tools to manage and address stressful situations with a positive mindset. I am so thankful for all the guidance. ★★★★★

“ Insightful helped me to ground myself and take some time for self care with other graduate students who were going through a lot of the same experiences, and thus emotions. Between the instructor and insights of fellow students I gained much healthier coping mechanisms while realizing I wasn't alone in my emotional turmoil. ★★★★★

“ 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. ★★★★★

## Available to Notre Dame Graduate Students Spring 2024

Note: Groups will include ONLY Notre Dame Students and will be formed based on the availability you provide during registration. Deadline to Register: January 21st.



Sign up now.  
Groups starting  
on January 29th.

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



Scan me to register.