

Student Wellbeing Newsletter

STRESS MANAGEMENT

Before Finals



Get Creative

Take your mind off daily stresses and try something crafty. The [Blugold Makerspace](#) is in the basement of McIntyre Library and provides free workshops every week for you to join.

[Recreation](#) facilities on campus are open daily and offer a multitude of activities for you and your friends to explore. You can even check out campus events with friends, found on the [Blugold Connect+](#) app.



Stay Connected with Friends

Talk to Someone



[UWEC's Counseling Services](#) provides free individual and group therapy for students. [Mantra Health](#) is also available to students for free. These sessions are virtual with a licensed therapist.

Time to celebrate the end of the semester and unwind before finals. Join us for a week of events on campus designed to help you de-stress. Check out the [Student Wellbeing Page](#) for the schedule.

Week of Wellbeing



FINANCIAL WELLBEING

During the holidays



Create a Budget

Between gifts and other holiday expenses, it can be hard to keep track of the money you are spending. Here are [5 Holiday Budgeting Tips for College Students](#).



Many businesses offer student discounts on their products or services. Here are [The Best College Student Discounts](#) you can use to either save money on your own purchases or gifts for the holiday season.

Discount Shopping



UWEC Resources

Here are some resources UWEC provides to help you manage your [Student Finances](#), apply for [Scholarships](#) or [Financial Aid](#), and general tips about [Paying for College](#). For further assistance with financial planning, you can contact the [Student Support Services](#).