



Rocket Health

## Rocket Recharge Fall 2021

### Create Your Own Positive Affirmation Cards

*In-person*

Monday, Nov. 15, 12:00-1:00 p.m., Main Campus, Health and Human Services Room 1100, Center for Health and Successful Living

Friday, Nov. 19, 1:00-2:00 p.m., Health Science Campus, Pinnacle Room (Room 1412 in Four Seasons Bistro)

*Grab-and-Go DIY Pick-up*

Tuesday, Nov. 16, 10:00 a.m.-12:00 p.m., Main Campus, University Health Center

Wednesday, Nov. 17, 1:00-3:00 p.m., Health Science Campus, Morse Center

Affirmation cards are positive phrases or statements that can help motivate or encourage positive thinking to combat unhelpful thoughts. Learn the science behind positive affirmations and then have a chance to create your own card deck, which you can take with you anywhere to positively enhance your day. This activity will also be offered as a grab-and-go DIY kit. The kit will contain instructions, blank cards, a binder ring, and a few items to personalize the cards.

[Registration](#) is required for the in-person workshop and the grab-and-go kit. One registration per person. Quantities and space may be limited.

### Personal Well-being Vision Board Workshop

Wednesday, Nov. 17, 11:30 a.m.-12:30 p.m., Health Science Campus, Pinnacle Room (Room 1412 in Four Seasons Bistro)

Thursday, Nov. 18, 12:30-1:30 p.m., Main Campus, Health and Human Services Room 1711b

During the first part of this workshop, participants will learn a variety of ways to set goals/visions for specific well-being paths, such as nutrition, sleep, physical activity, mental wellness etc. The second half will allow time for participants to begin creating their vision board, specific to the path they choose. Although supplies will be available, participants are encouraged to bring any unique materials they would like to personalize their vision board.

[Registration](#) is required for this in-person event and space may be limited.

### Mindfulness at Work Webinar

Tuesday, Nov. 16, 12:00-1:00 p.m., Webinar

Mindfulness is much more than breath awareness and relaxation. There are opportunities to practice throughout the day—even at work. Discover ways you can sneak mindfulness into your day to increase your ability to focus and decrease distractions.

[Registration](#) is required for this webinar.

### **Rocket Night Life De-stress Event**

Thursday, Nov. 18, 9:30-11:00 p.m., Main Campus, Student Recreation Center, Group Fitness room and Maple room

Join us for a de-stress night as the end of the semester stress creeps in. This night will consist of

-30 minutes of learning how to line dance

-Mindfulness activity

-Making your own essential oil blend

\*Please wear clothes that you can line dance in.

[Registration](#) is required for this event and is only available for UToledo students.

### **Coloring Page Transformation Kit**

*Grab-and-Go DIY Pick-up*

Tuesday, Nov. 16, 10:00 a.m.-12:00 p.m., Main Campus, University Health Center

Wednesday, Nov. 17, 1:00-3:00 p.m., Health Science Campus, Morse Center

Combine stress-relieving coloring with an opportunity to transform your art into something much more. This grab-and-go activity kit will include a coloring sheet, pack of colored pencils and instructions for ideas on how to transform your coloring page.

[Registration](#) is required for this event and quantities may be limited. This is a grab-and-go activity only. There is no in-person opportunity.

### **Self-Care Charts for No Bones Days**

*In-person*

Tuesday, Nov. 16, 5:30-7:00 p.m., Main Campus, Eberly Center for Women (Tucker Hall Room 0168)

*Grab-and-Go DIY Pick-up*

Wednesday, Nov. 17, 1:00-3:00 p.m., Health Science Campus, Morse Center

Monday, Nov. 15-Friday, Nov. 19, 8:15 a.m.-5:00 p.m., Main Campus, Eberly Center for Women (Tucker Hall Room 0168)

Join us the Eberly Center to learn how to identify self-care strategies for those no bones days when everything feels like a struggle. We will go over strategies that can work for people of all ages and gender expressions and identities. Supplies are provided and all are welcome!

[Registration](#) is required for the event and space may be limited.

### **Rocket Health Great American Smokeout Resources**

Nov. 15-19, 2021, both Main and Health Science Campuses

Rocket Health will available throughout both campuses providing a variety of resources for students, faculty and staff that wish to learn more information on vaping, tobacco use and how to quit.

Registration is not required. If you have a personal request to speak with a Tobacco Cessation Specialist, please email [rockethealth@utoledo.edu](mailto:rockethealth@utoledo.edu).