

Health Education and Promotion

Helpful Hints

About Health Education & Promotion (HEP): HEP provides community wellness education to all students through events, workshops, and peer educators (Health and Wellness Ambassadors). If you have questions about your well-being, are looking for supplies, and/or need help getting connected to wellness information, we are here to help!

10 Tips To Help You Thrive

1. Some sleep is better than no sleep.
2. Hydration really does matter.
3. All food choices are morally equivalent- nourish your body.
4. When using substances start with half of what you think you want- there is no undo button.
5. Feeling your feelings helps them pass quicker than thinking your feelings.
6. You need a physical end to your stress response.
7. No one is in a state of balance all the time – give yourself a break!
8. You know yourself best- other people's approaches may not work for you.
9. Practice makes permanent.
10. You are a person first and a student second.

How to Ask for Help

1. Ask proactively
People can't read our minds and predict what we need. We need to let people know that we need help and what we specifically need help with.
2. Be clear
We often try to "soften" our request or use phrases that are vague and hard for the other person to understand what you are asking. Make it easy for the other person to decide if they can offer help.
3. Put it into action
After receiving help, don't let things hang. Decide if you are ready to put it into action, if you want to explore other possibilities or ask for help with this step implementing it. Create a plan- when, where, how are you going to use the help. You can get support at every stage, don't worry about asking the same person for more help. You're not a burden.
4. Share your learnings
Once you have the information you need, be open to sharing what you learned with your peers. Also feel free to follow up with the person who provided the help and let them know what worked and what didn't. People like to know the impact they had and how to improve for the future!

adapted from techtello



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Who Can I Ask for Help?

At Home

In your Residence Hall you have Residence Advisors (RAs) and Advocates for Inclusion in Residence who are there to help you! Additionally, every area has a Community Coordinators (CCs) who oversee the RAs and AIRs who are professional live in staff who are there provide support.

Around RISD

Outside of class there are RISD staff members who are available to help you. If you have a question or concern do not hesitate to reach out to any RISD staff or office, we are here to help you!

Not sure who you need to connect with? Three starting places:

- Student Hub (RISD website)
- Health and Wellness Ambassadors
- Student Affairs (3rd floor of Carr House)

During Class

Your Professors, Department staff and Teaching Assistants (TAs) are all resources who you can ask for help. Even if your question is not related to school work they can still help you get connected to the right campus resource.

Remember

We are here to help you! Please make use of all the help available so that you can have a fun, safe, and educational first-year!

Scan for More Resources

Events



Wellness Map



Chat with HEP



Website

