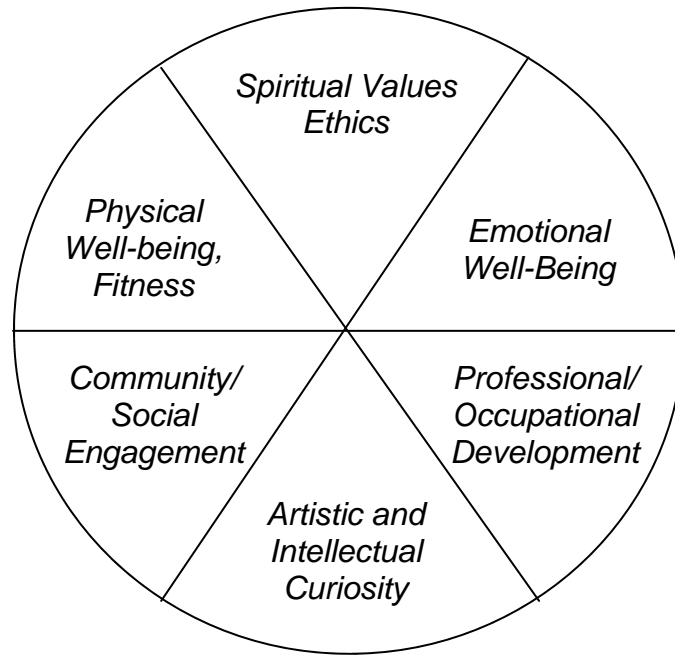




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Taking Care of Yourself



To maintain or optimize your wellness, you must take care of all of the parts of your life. If you do not take care of your physical fitness, for example, your intellectual wellness will suffer. Use the wellness wheel above to think of the various aspects of your life that need your attention. Use the links below to connect with the campus services that can help you stay well in all facets of your life.

Division of Student Affairs

<http://www.studentaffairs.cmu.edu/>

Student Development/Leadership

<http://www.studentaffairs.cmu.edu/leadership.html>

Athletics

<http://www.cmu.edu/athletic/>

Counseling and Psychological Services

<http://www.studentaffairs.cmu.edu/counseling/>

Student Health Services

<http://www.studentaffairs.cmu.edu/HealthServices/>

Graduate Student Assembly

<https://stugov.andrew.cmu.edu/gsa/>

Carnegie Mellon Interfaith Council

<http://www.studentaffairs.cmu.edu/student-development/spirituality/cmhc.html>

Dining Services

<http://www.cmu.edu/dining/>

Office of Student Activities

<http://www.studentaffairs.cmu.edu/studentactivities/>

Career Center

<http://www.studentaffairs.cmu.edu/career/>

University Police

<http://www.cmu.edu/police/>

Intercultural Communication Center

<http://www.cmu.edu/icc/>

Graduate Programs Office

<http://www.cmu.edu/adm/gpo/>

Community and Social Engagement

<http://www.studentaffairs.cmu.edu/community.html>