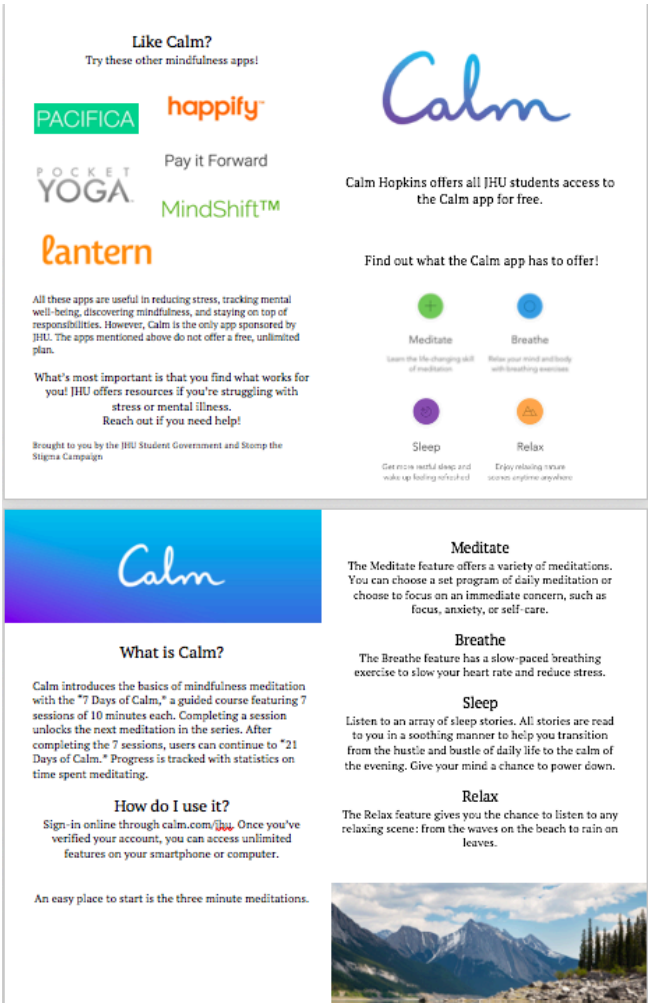
- Bi-monthly meetings
- Freshmen? -
- Lauren Bernard's Email -Gabe, Royal
    - For the charge for the marketing/publicity committee in SGA, I think it would be great if we could make a handout for Wellness Wednesdays and other events from the mental health student group committee to use. I was envisioning the handout having information about APTT, SGA, PEEPs, Peabody/Bloomberg, Yes Plus, Active Minds, and SAAC (if SAAC and Active Minds are active/wanting to participate) so students know what groups could be a resource for them depending on what they need. It could also differentiate APTT from the Counseling Center and have information about the Counseling Center as well.

      In addition to group information, we could also advertise some of the upcoming initiatives on the handout like Wellness Wednesdays on the Breezeway, SEE with PEEPs on Mondays, and APTT times + rooms. For distribution, this handout could be given to people at SEE, Wellness Wednesdays, APTT rooms, and APO's tabling in November.

Similar to last year's Calm App Flier:



Like Calm?
Try these other mindfulness apps!

PACIFICA
happify
Pay it Forward
POCKET YOGA
MindShift™
lantern

All these apps are useful in reducing stress, tracking mental well-being, discovering mindfulness, and staying on top of responsibilities. However, Calm is the only app sponsored by JHU. The apps mentioned above do not offer a free, unlimited plan.

What's most important is that you find what works for you! JHU offers resources if you're struggling with stress or mental illness.
Reach out if you need help!

Brought to you by the JHU Student Government and Stomp the Stigma Campaign

Calm

Calm Hopkins offers all JHU students access to the Calm app for free.

Find out what the Calm app has to offer!

Meditate
Breathe
Sleep
Relax

Calm

What is Calm?

Calm introduces the basics of mindfulness meditation with the "7 Days of Calm," a guided course featuring 7 sessions of 10 minutes each. Completing a session unlocks the next meditation in the series. After completing the 7 sessions, users can continue to "21 Days of Calm." Progress is tracked with statistics on time spent meditating.

How do I use it?
Sign-in online through calm.com/jhu. Once you've verified your account, you can access unlimited features on your smartphone or computer.

An easy place to start is the three minute meditations.

Meditate
The Meditate feature offers a variety of meditations. You can choose a set program of daily meditation or choose to focus on an immediate concern, such as focus, anxiety, or self-care.

Breathe
The Breathe feature has a slow-paced breathing exercise to slow your heart rate and reduce stress.

Sleep
Listen to an array of sleep stories. All stories are read to you in a soothing manner to help you transition from the hustle and bustle of daily life to the calm of the evening. Give your mind a chance to power down.

Relax
The Relax feature gives you the chance to listen to any relaxing scene: from the waves on the beach to rain on leaves.

- HSS Logo - Royal, Liv
- Schedule Website Meeting - Rupsa, Liv
- Social Media Dates - Rupsa, Liv, Jeff
    - Campus interviews
        - Questions
            - What is a student center?
            - What would you like to see in a student center?
            - If we divested from fossil fuels what should the money go to?
            - What would you do to get covered grades?
            - What is an omnibus referendum? (not a transformer)
- Videos with Mo!
    - Series of videos - 8 questions
        - Each question gets a 2 minute video - skit - something funny then something serious

        - Release all 8 videos in final push - who runs the meme page?
    - Spring event
        - Alumni Weekend - ask for money?