

Spring 2022 Mental Health Week Schedule of Events



April 4-8, 2022

Mental Health Week aims to provide the student body the time and space to make their mental health a priority. It is full of activities and resource promotion that promote mental health awareness throughout our campus community. We hope you will join us as we work towards ending the stigma surrounding mental health!

Sponsors: Western Student Association, Graduate Student Association, Campus Activities Board, Division of Student Affairs, Sindecuse Health Center, Aviation Student Council, Health Promotion and Education, Office of the President, Dining Services, University Athletics, FOCUS Kalamazoo, University Recreation, Lee Honors College, and MARCOM

Monday, April 4 – PJ Day

Therapy Dogs

Time: 10 AM-12 PM

Location: BHC 105-107

Sponsor: WSA

In addition to being man's best friend, therapy dogs can help lower blood pressure and heart rate reducing stress in humans, and who doesn't need some good stress relief? Be sure to stop by the Bernhard Center today to love on some therapy dogs!

Yoga for Mental Health

Time: 12:10 - 12:55

Location: Student Recreation Center

Sponsor: University Recreation

Join us for a Yoga well-being session hosted by the SRC! Yoga has many benefits to the mind and body and this session will focus specifically on taking care of our mental wellbeing and mindfulness. Give yoga a try and find your inner Zen!

Health Promotion and Education: Expressive Arts

Time: 3:30 - 4:30

Location: Sindecuse Room 3131

Sponsor: Health Promotion

Be sure to stop by Sindecuse for Health Promotion and Education's Expressive Arts program hosted by Danielle! Learn how art can help reduce stress, encourage self-awareness, and increase well-being by doing a fun art project during this hour of de-stressing.

Get Crafty

Time: 7:00-8:30

Location: LHC Lounge

Sponsor: GSA



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We are so excited for Get Crafty hosted by GSA! Bring your creativity and a friend to do some free crafts at the Honors College or just enjoy some relaxing coloring or painting. This event will be a great way to end your busy Monday with some “me time!”

Tuesday, April 5 – Hat Day

Therapy Dogs

Time: 10 AM-12 PM

Location: BHC 105-107

Sponsor: WSA

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Health Promotion and Education: Stress Busting and Self Care

Time: 3 - 4 PM

Location: Zoom shorturl.at/deuOX

Meeting ID: 841 2938 9027

Passcode: qe28sv

Sponsor: Health Promotion & Education

During this virtual event, Sabbi will teach us new ways to promote our personal well-being! It’s no secret that school is incredibly stressful at times (or all the time!) so join us to learn some new stress management strategies. A new perspective on stress is just a Zoom call away!

For the Kids: Stuff-a-Plush Volunteering

Time: 6-7pm

Location: Bernhard Center 213

Sponsor: FOCUS Kalamazoo and WSA

Wednesday, April 6 – Western Wednesday

Therapy Dogs

Time: 12-2 PM

Location: BHC 105-107

Sponsor: WSA

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Climate Cafe

Time: 12:30 - 2 PM

Location: Office for Sustainability

Sponsor: Office for Sustainability

We would like to welcome you to a Climate Cafe, a peer-to-peer discussion group for people concerned with or anxious about the climate crisis, and its impact on global, local, and individual levels. This is not a space for action, shame, or guilt. The purpose of climate cafes is to bring people together so they feel less isolated in their concerns about climate change. Come share experiences, emotions, worries, hopes, and ideas. We hope to see you there!

Zumba

Time: 5:30 - 6:15 PM

Location: Student Recreation Center

Sponsor: University Recreation

Join us at the SRC for a stress relieving workout with Maddy! What better way to relieve stress than to sweat it out? And is it even possible to be stressed while doing Zumba with an awesome instructor?!

Stuff-a-Plush

Time: 7:30-9 PM

Location: Bernhard Center - Center Stage

Sponsor: WSA

Stuff-A-Plush is always a fan favorite, so don't miss out this semester! We've got free stuffed animals on a first come, first served basis. Your new best friend is waiting for you!

Thursday, April 7 – Purple Out

Therapy Dogs

Time: 2-4 PM

Location: BHC 157 - 159

Sponsor: WSA

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Mental Health Summit

Professional Panel 4:30 - 5:30

Break 5:30- 6:00

Student Panel 6:00 - 7:00

Location: 106-107 Bernhard Center

Sponsor: WSA, GSA, & FOCUS Kalamazoo

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Join the WMU Community for our first Mental Health Summit! This hybrid summit will begin with a Professional Panel at 4:30pm followed by a Student Panel at 6pm. This event will be an incredible opportunity to make progress towards ending the stigma surrounding mental health! Be sure to join us for learning, growing, and progressing together.

Friday, April 8 – Rep Your RSO Day

Terrarium Making

Time: 11:30 - 1:00 PM

Location: BHC Faculty Dining Room

Sponsor: WSA

This drop in event is a quick mood booster for your day. Create your own terrarium at the Bernhard Center, no previous plant knowledge required!

Aviation Mental Health: A Talk on the Truth

Time: 1 to 3:30 p.m.

Location: Aviation Education Center

Sponsor: Aviation Student Council

Come join us in the AEC Atrium for the first ever Aviation Mental Health: A Talk on the Truth! Sponsored by the Aviation Student Council, the College of Aviation, and the Western Student Association, this event seeks to dispel myths and promote the truth about seeking mental health help while being an aviation major. We will have a door prize, free pizza at 12:30, guest speakers, breakout sessions, and an opportunity for you to anonymously ask any questions you may have.

Therapy Dogs

Time: 2-4 PM

Location: BHC Faculty Dining Room

Sponsor: WSA

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Fallen Broncos Ceremony

Time: 3PM-4PM

Location: President's Dining Room (BHC)

Sponsor: Division of Student Affairs

Join us in honoring the Broncos we've lost this year. This event will be hosted by the Division of Student Affairs. Be sure to come by to lend support to our campus community in remembrance of these losses.

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Continuous/Misc.

Massage Chairs

Time: Everyday, Bernhard Hours 8 am - 10pm

Location: Bernhard Center, 3rd Floor Library

Come to the Bernhard Center and take a few minutes out of your busy day to decompress with a massage! Feel free to use them at your own leisure and to wipe them down before and after use.

“Let’s Talk” Workshop with Sindecuse

Time: Everyday, 2-3 PM

Learn More: <https://wmich.edu/healthcenter/counseling/letstalk>

Do We Care? A Glance at Substance Use and Stigma Reduction (Part of the Wellness Workshop Series)

Date/Time: April 12 at 1:30pm

Wellness Workshops

(Part of the Wellness Workshop Series)

Full list of Workshops: [Here](#)

Learn More: <https://wmich.edu/healthpromotion/wellness-workshops>