



Physical Wellbeing at PSU



What is Physical Wellbeing?

Physical Wellbeing encompasses our awareness of our bodies and their individual needs, ways we can take care of our bodies, like sleep, nutrition, hygiene, and movement, and our quality of life.



Get Support at PSU

- [SHAC](#) - health care & promotion
- [Student Health Insurance](#)
- [Campus Rec](#)
- **Free Menstrual & Safer Sex Supplies**
 - [SHAC](#)
 - [Women's Resource Center](#)
 - [Queer Resource Center](#)
- [Disability Resource Center - Accomodations](#)
- [PSU Bike Hub](#)
- **Food Access**
 - [Basic Needs Hub](#)
 - [Portland State Food Pantry](#)
 - [PSU Eats](#)
 - [Free Food Market](#)
 - [PSU Farmers Market](#)
- [Portland State Connect](#)
 - *Also available on myPSU, in the 'Community' tab*
 - *A great place to look for student groups and community events*



Listen* to WHAT's Up?: A Wellness Podcast →

*Transcriptions available in the episode description

- | | |
|---|---|
| ❖ Sleep 101: Exploring the Sleep Habits of College Students | ❖ Physical Wellbeing |
| ❖ Tech Mini Series: Social Media, Body Image, and Addiction | ❖ Nourish to Flourish |
| ❖ Communicating with Healthcare Providers | ❖ Let's Talk About Sex, Baby! |
| ❖ Understanding Menstrual Phases | ❖ Mindful Body |
| | ❖ Mindful Movement |

SCAN ME



Activities

- Move! Try out movement activities that make your body feel good.
- Try out cooking a new nutritious recipe
- Cook a food that's culturally special and nourishes you
- Take a nap (*or a coffee nap*)
- Do a body check-in