



JBT Health & Wellness



Refuel At Noon: *Re-focusing using mindfulness*

Mondays from 12:15-12:45 pm, Baird Hall Basement, Room 6

Evidence shows that mindfulness is effective in reducing stress in various situations such as chronic worrying, fears of failure and dealing with frustration. We will make the time in a quiet, soothing place to observe thoughts and feelings in ways that enhance self-reflection and self-care.

Led by Daisy Lembke, PsyD, Jack Crossen, PhD and Lisa Schimmel, PhD

All are welcome.

**Refuel is not held on OHSU observed holidays.*



Light Therapy Boxes Available

Monday-Friday from 8 a.m.-1 p.m.

JBT Health & Wellness continues to offer light therapy box treatment in our semiprivate wellness suite . Light Therapy is indicated to improve energy and mood for those with Winter Depression (Seasonal Affective Disorder a.k.a SAD) or Winter Blues. Information and instructions are provided on site. There is no need to schedule. It is on a first come, first serve basis.

The sun is shining at JBT Health & Wellness !



OHSU Wellness Wheel

OHSU is committed to supporting and promoting the optimal health and well-being of all OHSU students and postdoctoral scholars. Visit our website (www.ohsu.edu/jbt-health) to learn about all the wellness resources available on campus. The wellness wheel is broken down by seven wellness categories; Emotional, Intellectual, Physical, Social, Environmental, Financial and Spiritual. Know of a wellness resource that is not listed? Please email the University Wellness Committee at acad@ohsu.edu.