



WELLNESS RESOURCES AT DREXEL

THE COUNSELING CENTER

The Counseling Center offers free and confidential counseling appointments to Drexel students via in-person or virtual appointments. Services include peer counseling, group counseling, individual counseling, case management for community referrals, BIPOC drop-ins, same-day appointments, and crisis support.

SCAN FOR MORE INFO:



WELLNESS WORKSHOPS

Drexel's Counseling Center hosts various workshops highlighting wellness in college. Workshops include - Anxiety Toolbox, Date Yourself, and Mood Management.

SCAN FOR
MORE INFO:



DREXEL'S WELLNESS ZONE

Located at **Drexel's Counseling Center in Creese Room 201**, the Wellness Zone offers various items for Dragons to use to slow down, recharge, and reflect such as:

- A yoga mat and meditation pillow
- Coloring books
- Kinetic sand
- Music, relaxation sounds, meditations
- Sensory toys
- A room diffuser



MEDITATIONS

In need of a new guided meditation, or don't know how to begin your search in finding one that fits you? Check out the links and the QR code below!

- [SupportLinc Audio Meditations \(Drexel Login Needed\)](#)
- [Relaxation Exercises](#)
- [Mindfulness Apps](#)
 - Calm
 - Headspace
 - Sanvello



EXERCISE

Did you know Drexel graduate students get a [discounted membership](#) at Drexel's Recreation Center?

The Recreation Center offers fitness classes, a two-story gym, aquatics, a rock wall, and so much more for students looking to maintain a healthy lifestyle and destress!

**SCAN FOR
MEMBERSHIP
INFO:**



Not on campus? Exercise anytime, anywhere by checking out the [Recreation Center's YouTube channel!](#)

NUTRITION SERVICES

Drexel's Nutrition Services can help you meet your nutrition goals through one-on-one nutrition counseling with a registered dietitian/nutritionist (RDN). In-person & virtual appointments are available. Contact nutritionappts@drexel.edu to make an appointment. Visit [Drexel's Nutrition Services Website](#) to learn about services.

