

# Wellbeing 101:

Tips and Strategies to Help  
You Focus on Wellbeing  
This Semester



Earl E. Bakken Center for  
**SPIRITUALITY & HEALING**

UNIVERSITY OF MINNESOTA

[takingcharge.csh.umn.edu](http://takingcharge.csh.umn.edu)  
[csh.umn.edu](http://csh.umn.edu)



# What is Wellbeing?

Wellbeing encompasses all aspects of our lives.

The Bakken Center provides resources for you to improve and optimize your wellbeing. The tips and ideas in this guide are things you'll be able to do on your own right now in the comfort of your own space. We also offer many academic courses, free community classes, and even a graduate degree and certificates.

We illustrate the concept of wellbeing through our Wellbeing Model – this includes six areas of wellbeing, each of which feature many sub-sections. The dimensions are health, purpose, relationships, community, security and environment.

If you'd like to explore wellbeing and earn academic credits, we encourage you to check out our for-credit courses – many of these can meet your departmental or elective requirements. Visit [z.umn.edu/CSHcourses](https://z.umn.edu/CSHcourses) or search for the CSH course designator in OneStop when you're planning your schedule.

## Wellbeing Model







# Health

Health is affected by the food we eat, how often we exercise, how we manage our stress, and how much we sleep, as well as social, environmental, and genetic influences.

When you experience excessive stress or do not manage school and workloads effectively, your health is compromised. Strength in this area includes the ability to make healthy choices, maintain a healthy attitude, and experience resilience as you bounce back from setbacks or disappointments.

Don't forget that it's also important to reach out proactively when you need help and support. Visit [mentalhealth.umn.edu](https://mentalhealth.umn.edu) to make an appointment with Boynton Health or Student Counseling Services, or call **612-301-4673** if you're having an after hours crisis. **You may also text "UMN" to 61222 evenings and weekends.**

Assess Your Health, and Explore More Tips and Suggestions

Visit [z.umn.edu/WBHealth](https://z.umn.edu/WBHealth) to do a short, free wellbeing assessment. After you've completed the assessment, you'll have the opportunity to set goals to improve your health and wellbeing.



# 4-7-8 Breath

*The 4-7-8 breathing exercise for relaxation is simple, takes almost no time, requires no equipment and can be done anywhere.*

Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- ~ Exhale completely through your mouth, making a whoosh sound.
- ~ Close your mouth and inhale quietly through your nose to a mental count of **four**.
- ~ Hold your breath for a count of **seven**.
- ~ Exhale completely through your mouth, making a whoosh sound to a count of **eight**.
- ~ This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

With this breathing technique, you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

**For more tips on breathe to relax, visit:**  
*[takingcharge.csh.umn.edu](http://takingcharge.csh.umn.edu)*



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# What Do Experts Recommend for Healthy Sleep?

**EXPERTS GENERALLY AGREE** *that adults need 7-9 hours of sleep each night; too much or too little can have negative health consequences. As you begin to pay more attention to your own sleep patterns, you will see how different aspects of your life affect and are affected by sleep.*

To get 7-9 hours of quality sleep each night, experts recommend that you:

## Honor your body's need for sleep.

Don't trade a few hours of productivity/wakefulness for sleep. If you feel as though you don't have enough time to accomplish everything, see what else you can cut out—watching television in the evening, for example—and make sleep a non-negotiable priority.

## Create a sleep routine.

Having a ritual every night before bed can help to remind the body that it's time to sleep and lull the mind into a restful state. Harvard's Healthy Sleep program recommends making your nighttime routine as stress-free as possible—take a hot bath, meditate, or read a good book before turning out the lights. Try to go to bed and wake up at the same time each day, even on weekends.

## Stay active during the day.

Regular exercise improves sleep and can help with sleep disorders such as insomnia and restless legs syndrome (RLS). Tai chi and yoga may have particularly powerful benefits if you are having trouble sleeping — they offer physical exercise and create a sense of relaxation that facilitates sleep.

## Avoid stimulants late in the day.

Resist that cup of coffee at 3:00 in the afternoon, no matter how tempting it may be. Caffeine affects everyone differently, but you can generally expect its effects to last 6-8 hours after consumption. Even if you fall asleep easily at night, the leftover effects can disrupt your sleep cycle, making you even sleepier the next day (which may cause you to consume more caffeine!).

## Nurture relationships with loved ones.

Research shows that troubled relationships can disrupt sleep. Make cultivating healthy connections with your family and loved ones a priority, practicing deep listening, gratitude, and good communication skills.

For more information on how you can achieve healthier sleep, visit:

**[z.umn.edu/HealthierSleep](https://z.umn.edu/HealthierSleep)**



# What Do Experts Recommend for Healthy Eating?

*Large portion sizes, processed foods, refined carbohydrates, and saturated fats—these are the deadly components of the Standard American Diet (S.A.D.), which has caused obesity rates to skyrocket in both adults and children.*

*Making healthy food choices and practicing mindful eating can help you provide your body with the nutrients it needs to achieve optimum wellbeing and lower your risk for diseases like type 2 diabetes, high blood pressure, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, and certain cancers.*



## **Combine healthy eating with exercise.**

Studies show that diet alone is not as effective in achieving a healthy body weight as diet combined with exercise. Physical activity has many other health benefits as well. Even relatively small weight loss can make a difference in health by reducing blood pressure and improving glucose tolerance and blood lipids.

## **Follow dietary guidelines.**

Whether you are working to lose or maintain weight, you should make healthy food choices following the Dietary Guidelines for Americans, developed by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture. These guidelines will improve your health, help you meet your nutrient requirements, and reduce your risk of chronic disease.

## **Drink Water.**

Your water needs depend on many factors, including your health, how active you are, and where you live. It's generally not a good idea to use thirst alone as a guide for when to drink. By the time you become thirsty, you may already be slightly dehydrated. It is especially important for older adults to drink water before becoming thirsty, because your thirst sense is diminished as you get older.

## **Pay attention to your eating patterns.**

How, when, and where do you eat? If you're like many Americans, you may often eat meals while doing something else: driving, talking on the phone, watching television, or reading. In short, you may pay little attention to your food.

## **Avoid the influence of the "Food Giants."**

In *Salt Sugar Fat: How the Food Giants Hooked Us*, reporter Michael Moss describes how executives at large food corporations have figured out the science of getting people to buy more of their products. In short, many processed foods are not designed to enhance wellbeing, but to exploit natural cravings for salt, sugar, and fat.

visit [z.umn.edu/HealthyEating](https://z.umn.edu/HealthyEating) for more information





# INCREASE POSITIVITY

In her book *Positivity*, Barbara Fredrickson offers five specific tips to help increase positive emotions:

**Practice Gratitude**

**Be Kind**

**Connect With Others**

**Spend Time in Nature**

**Savor Goodness**

To explore these ideas in more depth, visit [z.umn.edu/IncreasePositivity](https://z.umn.edu/IncreasePositivity)





# Purpose

Your wellbeing is enhanced through a sense of knowing who you are, and what you are here to do. This understanding grows through all the activities that you participate in (academic courses, volunteering, work, religious and cultural activities, student groups, internships, study abroad, events/activities, etc.) Developing strength in this area will help you understand your personal guiding values, beliefs, strengths, and passions. You'll also be able to identify central aspects of a purposeful life, and have a sense of hope, purpose, and self-efficacy in your university career and beyond.

Assess Your Purpose, and Explore More Tips and Suggestions

Visit [z.umn.edu/WBPurpose](https://z.umn.edu/WBPurpose) to do a short, free wellbeing assessment. After you've completed the assessment, you'll have the opportunity to set goals to improve your purpose and wellbeing.



# To Explore Your Purpose

Question yourself regularly  
about purpose

Use the answers to find your  
unique way to contribute

Don't ignore your spirituality—it  
can be a source of purpose

Take the next step—move to  
action

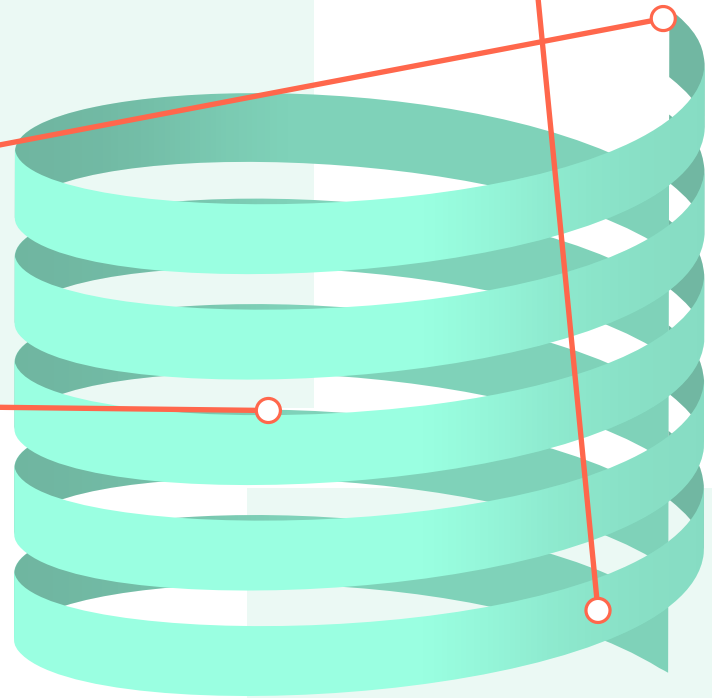
# Life Spiral Exercise



At the bottom of the spiral, write your date of birth.

At the top, write the age you think you will live to be.

Mark the place on the spiral which represents your current age. How far along are you in this life? What feelings does this evoke?



Record three trigger experiences that shaped your life story. These could be any **major life events, breakthroughs or breakdowns**, such as beginning or ending relationships, moves, losses, job changes, etc. Write down the age each trigger took place. What was the life lesson learned in each case?

Focus on each of these life lessons—what did they teach you, and how did they change you? Can you gauge from this exercise where you are in your life today and where you'd like to be by the end of it? What would a life well lived look like? Seeing your life in this broader perspective can help identify what is meaningful and valuable to you.



# What is a CALLING?

## *A Calling:*

- ❑ **Utilizes your natural gifts.** We each possess hundreds of skills, and nearly all of us have some natural gifts, which often emerge early in our lives. Gifts are more than just talents; they are what make you feel fulfilled and happy. Having a sense of humor or an ability to bring joy to others, an ability to quickly compute numbers, or an aptitude for leading others are examples of natural gifts that can express your purpose.
- ❑ **Serves others.** Your calling can be thought of as the urge to share your gifts with the world. When you express your gifts for the sake of others, you often experience the joy of being fully alive.
- ❑ **Creates "flow".** What were you doing the last time you experienced such absorption that you lost all sense of time? You were probably doing something that relates to your calling.

Visit our Taking Charge site to discover your passions, try free-flow journaling, and explore purpose even more.

**[z.umn.edu/wbpurpose](https://z.umn.edu/wbpurpose)**





# Relationships

Relationships are about authentic connections, respect for self and others, the ability to relate across multiple types of differences, the skills to connect effectively in-person and in online environments, and sustaining connections that are supportive and nurturing (including parents, friends, pets, and significant others).

When you have strength in this dimension, you are able to navigate many kinds of relationships smoothly. You're accepting of others, non-judgmental, and seek out relationships that allow them to learn and grow in new ways. You know when to collaborate and seek help from others rather than act on your own, and have a close group of friends (even if small in number!)

Assess Your Relationships, and Explore More Tips and Suggestions

Visit [z.umn.edu/WBRelationships](https://z.umn.edu/WBRelationships) to do a short, free wellbeing assessment. After you've completed the assessment, you'll have the opportunity to set goals to improve your relationships and wellbeing.



develop your

# relationship skills





# Tips to be more Grateful



Every night, reflect on **3 good things** from your day. If you'd like, you can record them in a gratitude journal.



Thank those **important in your life** to let them know you appreciate them.



Lighten a stormy mood with a **gratitude inventory**. Start with listing 5 things you're thankful for in the moment.



Thank yourself for your **healthy habits**. You do matter!



Send out some good vibes to friends on **social media** and let them know you are thankful for them.



Stop and **notice the beauty** and good in your surroundings. Pay attention to them, so you can remember this moment later.



Look for silver linings even in **difficult situations**.



**Look outward**. Empathy for others can trigger a sense of gratitude.



# Community

Community reflects a sense of belonging to a neighborhood, dorm, service group, college, major, student group, or group of peers on campus. When this area is strong, you'll be inclined to join organizations or initiatives, spend time in group activities, and feel supported by various group connections on campus.

Systemic racism is a significant barrier to the wellbeing of a community. Today, many people are just now waking up to the reality of racial inequity in America - a reality that has long been the lived experience of Black, Indigenous, and People of Color. While people may feel moved to do something, we may also feel helpless: How can we help fix a systemic problem that is so complex and pervasive? Rhonda Magee, a law professor, mindfulness teacher, and social justice advocate believes that we can start by cultivating mindfulness - what she calls "The Inner Work of Racial Justice." Read our interview with Professor Magee, which includes tips and strategies to help you begin this critical work, at [z.umn.edu/CSHracialjustice](https://z.umn.edu/CSHracialjustice)

Assess Your Community Connections, and Explore More Tips and Suggestions

Visit [z.umn.edu/WBCommunity](https://z.umn.edu/WBCommunity) to do a short, free wellbeing assessment. After you've completed the assessment, you'll have the opportunity to set goals to improve your community and wellbeing.



# Using **Mindfulness** for Racial Justice

Rhonda Magee, a law professor and mindfulness teacher and the author of "The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities" says that "Mindfulness deepens our ability to notice very subtle aspects of our lived experience and to be present with those aspects. It also provides an ethical lens to help us understand how the ways we engage impact our interpersonal relationships and actions in the world."

Mindfulness practice can bring about transformation on three levels: personal, interpersonal, and collective. We must first clearly see our own biases in action, and how they harm others, and then work with compassion to bring justice into the world.

Magee emphasizes the importance of grounding within your physical experience as a way of connecting to the present moment. When you see a news story about police brutality against a person of color, or find yourself in a conversation about race, pay attention to your moment-to-moment experience.

Don't judge your experience; the practice is simply to become familiar with what is happening within you.

Remember to be compassionate to yourself—you are learning and changing, which can be difficult. "Self-compassion sustains us as we do the painful work of seeing ourselves and our circumstances rightly," says Magee. "This is the first step in personal healing and societal transformation."



*Do you tense up?*

*What does it feel like in your body?*

*Do you change the channel or shift topics?*

*What do you assume you know about the issue?*

*Do you become defensive?*



# Security

Security and Safety reflects a sense of security on campus, in the classroom, and physical, mental, and emotional safety in all relationships. It also includes a sense of financial stability. When you have strength in this dimension, you'll attend classes and other university activities with confidence and ease. You'll also use campus security services when needed, and likely feel respected and safe in classes, in residence halls, and in conversations with university professors and staff.

Assess Your Safety and Security, and  
Explore More Tips and Suggestions

Visit [z.umn.edu/WBSecurity](https://z.umn.edu/WBSecurity) to do a short, free wellbeing assessment. After you've completed the assessment, you'll have the opportunity to set goals to improve your security and wellbeing.





# Making Wise Choices

Much of safety comes from our own lifestyle choices, including what and how we choose to use alcohol, our sexual choices, and the ways we engage with technology. Here are some tips to decrease your risks.

## *Use alcohol moderately*

Alcohol slows the brain's ability to control the body and mind. It acts like a sedative and slows down muscle coordination, reflexes, movement, and speech. If you drink too much alcohol, your breathing or heart rate can reach dangerously low levels or even stop.

If you are of legal drinking age, remember that it is your choice whether to use alcohol or not. No one should feel pressured to drink or made to feel embarrassed because of a personal choice. Drinking alcohol should not be seen as a necessary component for having fun and being with friends.

If you do choose to use alcohol, do so in moderation and know your personal limits. If you are concerned that you might have a drinking problem, visit the U's Student Mental Health site at:  
<http://www.mental-health.umn.edu/alcohol/index.html>



# Practice Healthy and Safe Sex



Boynton Health promotes inclusive, medically-accurate, and comprehensive sexual health education. We also provide access to safer-sex supplies so students can make the best sexual health decisions for themselves. <https://boynton.umn.edu/safersex101>

## Know your rights

One way to look at healthy sex is “**CERTS**,” which stands for:

- **Consent**  
You can freely and comfortably choose whether or not to engage in sexual activity, and you are able to stop the activity at any time.
- **Equality**  
Your sense of personal power is on an equal level with your partner.
- **Respect**  
You have positive regard for yourself and for your partner, and you have mutual respect.
- **Trust**  
You trust your partner on both a physical and emotional level.
- **Safety**  
You feel secure, safe, and comfortable with where, when, and how the sexual activity takes place. You feel safe from the possibility of harm, such as unwanted pregnancy, sexually transmitted infection, and physical injury.

## Stay informed

Safety is a key part of healthy sex, including protecting yourself and your partner from unwanted pregnancy and sexually transmitted diseases. Stay informed about the latest information on disease prevention and birth control by reading materials from the local health department or reputable health education websites. Don't hesitate to talk to your provider as well.

The Aurora Center for Advocacy & Education provides a free and confidential space for students, faculty, and staff affiliated with the University of Minnesota, Twin Cities and Augsburg University who are victims/survivors/concerned people of sexual assault, relationship violence, stalking, and sexual harassment. Visit [aurora.umn.edu](https://aurora.umn.edu)

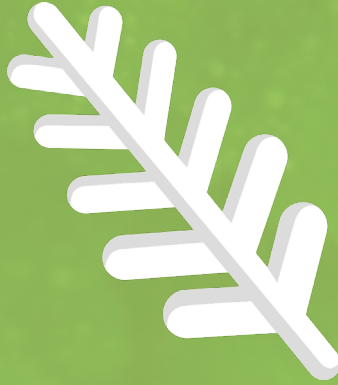
How to deal with

# Fear & Anxiety

- Avoid avoidance
- Develop a healthy sense of personal control
- Promote positivity
- Find meaning
- Get support
- Go for a walk in nature

*Face your fears and anxieties so they don't become debilitating. Identify ways to create a sense of personal control or mastery in your life.*

To explore these ideas in more depth, visit [z.umn.edu/Fear](https://z.umn.edu/Fear)



# Environment

Environment is focused on a welcoming campus and neighborhood, access to adequate housing, places for reflection and contemplation, and access to nature. When this dimension is strong, you feel welcomed and accepted as part of the campus community. You have the physical resources (transportation, housing, food, technology, academic resources) to be successful academically; and you feel connected to both yourself and nature.

Assess the Connection Between Nature and Wellbeing, and Explore More Tips and Suggestions

Visit [z.umn.edu/WBEnvironment](https://z.umn.edu/WBEnvironment) to do a short, free wellbeing assessment. After you've completed the assessment, you'll have the opportunity to set goals to improve your environment and wellbeing.

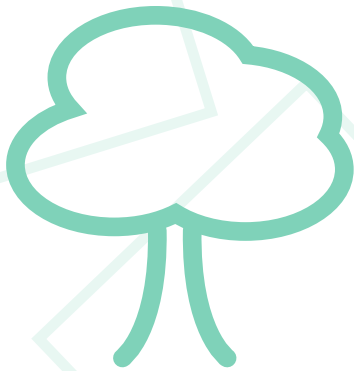


# Facilitated Green Exercise

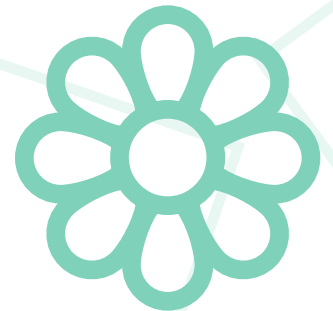
Many people know that exercise improves health and wellbeing, but did you know that there's a growing body of research which suggests that **exercising outside** is more effective than exercising inside? Go outside!



Green exercise—which is simply activity in the presence of nature—has been found to benefit emotional wellbeing by **improving attention** and **reducing stress**.



Get motivated! Green Exercise may help you become **excited about physical activity** by offering you a break from your busy life.



Go green. Some evidence suggests that exercise may feel easier when performed outside, and that being in the presence of **the color green** while exercising will positively affect your mood.







# 10 things you can do for planetary health

Below are ten solutions suggested by Project Drawdown, an organization that reviews and distills climate research into practical solutions. For tips on how you can take action and even more ideas, join Drawdown's Ecochallenge and find measurable actions you can take to reduce global warming. Still want to learn more? Visit **Drawdown.org**, the world's leading resource for climate solutions, to explore changes you can make right now.

Our tip: After visiting Drawdown.org, pick one or two solutions from the categories below that look interesting and manageable to you. Pay attention to when you're feeling overwhelmed. That's a good sign that you might want to relax, take a deep breath, and focus on what feels most meaningful in the moment.

- Reduced food waste
- Water Saving
- Plant-rich Diet
- Reduce, Reuse, Recycle
- Tropical Forests
- Refrigeration
- Solar Power
- Wind Energy
- Educating Girls
- Family Planning



# Mindfulness

While mindfulness is not a separate aspect of our wellbeing model, it is an essential part of it all. It lets us pay attention to our health, relationships, and environment. It helps us discover our purpose and path to security. It builds community.

The Center offers many courses on mindfulness – search for course designer CSPH when you plan your schedules. And join us for our weekly, free, online Mindful Mondays drop in – you’ll learn about mindfulness, mindful movement like yoga, and more! [z.umn.edu/MindfulMondays](https://z.umn.edu/MindfulMondays)

When you notice something has **triggered** you and you are about to **react**:

# STOP

**Slow down**

**Take a breath**

To whatever worries arise, ask yourself:  
**Could it be OK?**

learn more at  
[takingcharge.csh.umn.edu](http://takingcharge.csh.umn.edu)

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**Observe**

**What** are you feeling in your body?  
**What** are you thinking?  
**What** other possibilities exist?

**Proceed**

Considering multiple possibilities

# Try a classic sitting meditation

1. Sit comfortably

2. Begin with intention

3. Bring attention to the body

4. Pay attention to breath

5. Notice when attention wanders and gently come back to the breath

Sometimes it's best to take a break and try again later.

Remember that mindfulness is about developing a steady and balanced mind and heart that can be present with whatever situation or experience arises.



# Try a short mindfulness exercise

*Touch your index finger and thumb together.*

*Explore your thumb with the tip of your index finger.  
What do you notice? Roughness? Smoothness? Heat? Coolness? Dry?  
Do any thoughts or memories arise?*

*Now explore your index finger with your thumb.  
Is it the same? Rougher? Smoother? Hotter? Cooler? Drier?  
Other memories or thoughts?*





# Student Resources

Our Taking Charge website has a new student corner that features articles such as Facing Fomo, Addressing Imposter Syndrome, Seasonal Affective Disorder, and more.

Visit [z.umn.edu/WellbeingStudentCorner](https://z.umn.edu/WellbeingStudentCorner) to read these articles and discover important coping and stress management strategies.

# 7 Tips to Cultivate Wellbeing

1.

## Get enough sleep

Sure, the beginning of the semester is buzzing with excitement, but trust us: everyone regrets pulling all-nighters. Make sure you get between 6 and 8 hours of sleep each night to keep your mood, concentration, energy, and stress levels in check. (Pro tip: For optimal rest, steer clear of electronic screens for a couple of hours before bed.)

2.

## Stock your fridge

Every fridge should always contain: a fruit, a vegetable, and a source of calcium (such as cheese, beans, milk, or calcium-fortified soy milk). Nutrient-rich foods you can grab on your way to class, such as apples or yogurt, will help keep you feeling satisfied and less likely to reach for salty or sugary snacks, which can zap your energy and leave you feeling lethargic.

3.

## Buy a plant

Adding some green to your room can improve your mood, decrease stress and anxiety, and even help you focus on your homework. Try a spider plant or cactus—they tolerate dorm life especially well.

4.

## Say hi to your neighbor

Help develop a sense of community on campus by greeting others with a smile. Our behavior is “contagious”—your kindness will spread, contributing to a friendlier, more trusting community.

5.

## Make time for fun

An hour of leisure activity that brings pleasure (think concerts, Frisbee, or even video games) can be a great source of relaxation, as well as a boost to your problem-solving skills and creativity. Just make sure the activity fits harmoniously into your life and doesn't create stress or interfere with your relationships or obligations.

6.

## Schedule time to de-stress

Don't wait until you feel overwhelmed to try and manage stress—make time now for things that you know will keep you calm. Plan ahead to use free campus resources, like free meditation (Stress Busters) and hanging out with therapy animals (PAWS).

7.

## Connect to something bigger

Connecting to the “big picture” in whatever way feels meaningful for you—volunteer work, attending religious services, sitting in front of a painting as the Weisman, or taking a mindful stroll along the river—is a beautiful way to untangle yourself from the stress that arises during a busy academic life.

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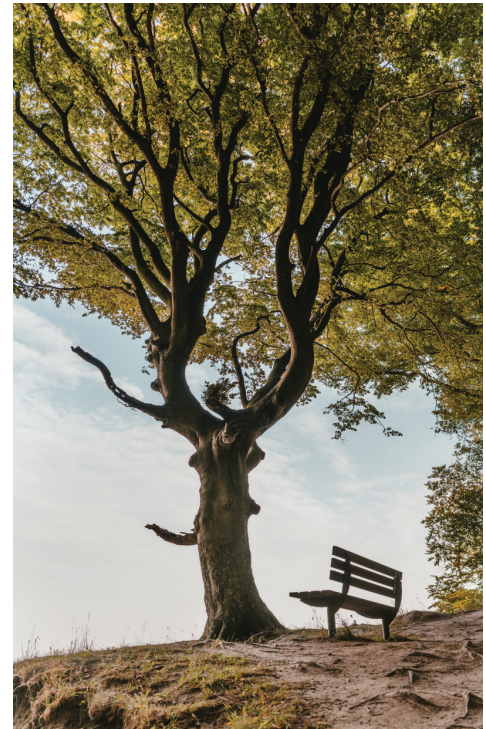
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# Study Integrative Healing and Wellbeing



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CSPH 1001: Principles of Health and Wellbeing (2)  
CSPH 1101: Self, Society and Environment: An Interconnected  
Worldview (3)  
CSPH 1202: Music for Wellbeing in Times of Stress and Anxiety (1)  
CSPH 1203: Social Media and Mental Health (1)  
CSPH 3001: Introduction to Integrative Healing (3)  
CSPH 3101: Creating Ecosystems of Well-being (2)  
CSPH 3201: Introduction to Mindfulness-Based Stress Reduction (2)  
CSPH 3211: Living on Purpose: An Exploration of Self Purpose and Community (2)  
CSPH 3301: Food Choices: Healing on the Earth, Healing Ourselves (3)  
CSPH 4311: Foundations of Hatha Yoga: Alignment & Movement  
Principles (3)  
CSPH 4312: Hatha Yoga Philosophy, Lifestyle, & Ethics (3)  
CSPH 4313: Hatha Yoga Teaching Principles & Methodology (2)  
CSPH 5101: Introduction to Integrative Healing Practices (3)  
CSPH 5102: Personal Wellbeing: The Journey to Self-Care (1)  
CSPH 5111: Ways of Thinking About Health (2)  
CSPH 5115: Cultural Awareness, Knowledge, and Health (3)  
CSPH 5118: Whole Person, Whole Community: The Reciprocity of Wellbeing (3)  
CSPH 5121: Planetary Health and Global Climate Change: A Whole  
Systems Healing Approach (2)



CSPH 5201: Spirituality & Resilience (2)  
CSPH 5212: Peacebuilding Through Mindfulness: Transformative Dialogue  
in the Global Community (3)  
CSPH 5215: Forgiveness and Healing: A Journey Towards Wholeness (3)  
CSPH 5225: Meditation: Integrating Body and Mind (2)  
CSPH 5226: Advanced Meditation: Body, Brain, Mind, and Universe (1)  
CSPH 5303: Pain Management and Evidence Based Complementary  
Health Approaches (3)  
CSPH 5305: Introduction to Integrative Mental Health (2)^  
CSPH 5313: Acupressure (1)^  
CSPH 5315: Traditional Tibetan Medicine: Ethics, Spirituality, and  
Healing (2)  
CSPH 5317: Yoga: Ethics, Spirituality, and Healing (2)  
CSPH 5318: Tibetan Medicine, Ayurveda, and Yoga in India (4)+  
CSPH 5319: Yoga & Ayurveda in India (4)+  
CSPH 5341: Overview of Indigenous Hawaiian Healing (2)^  
CSPH 5343: Ayurveda Medicine: The Science of Self-Healing (2)  
CSPH 5401: People, Plant, and Drugs: Introduction to Ethnopharmacology (3)



*\* Available only for those enrolled in the Integrative  
Health and Wellbeing Coaching program*

*^ Sections available in Hawaii*

*+Travel abroad*

*Contact our Academic Programs Team at  
[csh-academics@umn.edu](mailto:csh-academics@umn.edu) for more information.*

*Visit us at [csh.umn.edu](http://csh.umn.edu)*



# Study Integrative Healing and Wellbeing



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CSPH 5421: Botanical Medicines in Integrative Healthcare (3)  
CSPH 5423: Botanical Medicines: Foundations and Practical Applications (1)  
CSPH 5431: Functional Nutrition (2)  
CSPH 5503: Aromatherapy Fundamentals (1)^  
CSPH 5521: Therapeutic Landscapes (3)  
CSPH 5522: Therapeutic Horticulture (3)  
CSPH 5535: Reiki Healing (1)^  
CSPH 5536: Advanced Reiki Healing (1)^  
CSPH 5541: Emotional Healing & Happiness: Eastern and Western Approaches to Transforming the Mind (2)  
CSPH 5555: Introduction to Body and Movement-based Therapies (2)  
CSPH 5561: Overview of Creative Arts in Health and Healing (2)  
CSPH 5601: Music, Health, and Healing (2)  
CSPH 5631: Healing Imagery (2)^  
CSPH 5641: Animals in Health Care: The Healing Dimensions of Human/Animal Relationships (3)  
CSPH 5642: Nature Heals: Introduction to Nature-Based Therapies (3)  
CSPH 5643: Horse as Teacher: Equine Assisted Services (3)  
CSPH 5701: Fundamentals of Health Coaching I (3)\*  
CSPH 5702: Fundamentals of Health Coaching II (4)\*



CSPH 5703: Health Coaching Practicum I (3)\*  
CSPH 5704: Diversity, Equity, & Inclusion in Health & Wellbeing Coaching (3)\*  
CSPH 5706: Fundamentals of Lifestyle Medicine (2)  
CSPH 5707: Coaching People with Clinical Conditions (2)\*  
CSPH 5708: Mind-Body Science and Trauma-Informed Mental Health (3)  
CSPH 5709: Health and Wellness Coaching for Groups (2)\*  
CSPH 5711: Optimal Healing Environments (3)  
CSPH 5713: Health Coaching for Health Professionals (2)  
CSPH 5714: Health Behavior Change Theory and Lifestyle Medicine (2)\*  
CSPH 5715: Evidence-Based Decision Making (2)\*  
CSPH 5716: Health Coaching Practicum II (1)\*  
CSPH 5805: Wellbeing in the Workplace (3)  
CSPH 5806: Wellbeing & Resilience for Health Professionals (1)^  
CSPH 5807: Mindfulness in the Workplace (2)  
CSPH 5905: Food Matters: Cook Like Your Life Depends On It (1)  
CSPH 8701: Health Coaching Capstone (2)\*



\* Available only for those enrolled in the Integrative Health and Wellbeing Coaching program

^ Sections available in Hawaii

+Travel abroad

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