

OFFICE OF STUDENT AFFAIRS
PRESENTS

STUDENT WELLNESS



TOP 3 STRESSORS



Wellness
101

TOP 3 STRESSORS*



Academic
Group work
Adjustment

Wellness
101

*Based on 2019 NUS Student Wellness Survey

COMMON MENTAL HEALTH CONDITIONS



Anxiety



Depression

Wellness
101



OSA Student Wellness video

7 PitStop Principles for Self Care & Stress Management

7 PITSTOP PRINCIPLES

TAKE CHARGE OF YOUR WELLBEING TODAY



Personal Skills



Interactions



Time Out



Sleep



Thoughtful Eating



On the Move



Purpose

NUS STUDENT SUPPORT ECOSYSTEM

YOU ARE NOT ALONE



**FACULTY STUDENT
SUPPORT
MANAGERS**



**OSA STUDENT
WELLNESS**



**UNIVERSITY
COUNSELLING
SERVICES**



Lifeline NUS (24 hours)
+65 6516 7777

What we offer



STUDENT WELLNESS MANAGERS

Always a friendly person to chit chat with



PEER STUDENT SUPPORTERS

Fellow peers who are ready to provide you a listening ear



WELLNESS WORKSHOPS

Destress with us! Pick up new skills and self care tips.



PITSTOP@YIH

A place to chill and unwind

LOOK OUT FOR



ONLINE WELLNESS WORKSHOPS

Join us on NUSync and sign up for our online workshops



WELLNESS FESTIVAL

Week 8 & Week 9 of the academic semester



GAME SESSIONS WITH PSS

Engage with us through online game sessions hosted by our very own PSS



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NUSync Trainings
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IG Challenge



IG AMA



Covid-19



OSA Bingo



DOS Update



Events



Awards

POSTS IGTV TAGGED



CONNECT WITH US



EMAIL

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INSTAGRAM

[@nusstudentaffairs](https://www.instagram.com/nusstudentaffairs)



OSA WEBSITE

NUSYNC



**Self-care is never a selfish act –
it is simply good stewardship of
the only gift I have, the gift I
was put on earth to offer
to others**

PARKER PALMER