OFFICE OF STUDENT AFFAIRS
PRESENTS

STUDENT WELLNESS



TOP 3 STRESSORS

Wellness 1

TOP 3 STRESSORS*

Academic Group work Adjustment



COMMON MENTAL HEALTH CONDITIONS



Anxiety



Depression

Wellness 101



7 PITSTOP PRINCIPLES

TAKE CHARGE OF YOUR WELLBEING TODAY







Interactions



Time Out



Sleep



Thoughtful Eating



On the Move



<u>Purpose</u>

NUS STUDENT SUPPORT ECOSYSYTEM

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



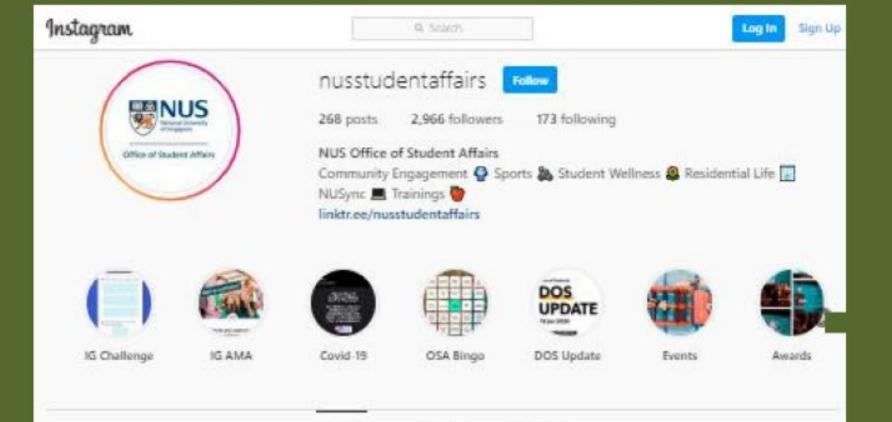
WELLNESS FESTIVAL

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







EDGTV

BI POSTS

E TAGGED









CONNECT WITH US



EMAIL

OSACares@nus.edu.sg



INSTAGRAM

@nusstudentaffairs



OSA WEBSITE

NUSYNC





