Wellness Resources at Michigan State University

Physical

* SPARTANfit at Student Health Services strives to encourage, educate and support students on the benefits of incorporating regular physical activity into their daily lives.
  + To schedule appointments and ask questions please contact Kristin Traskie at 517-353-7868 or [kristin.traskie@hc.msu.edu](mailto:kristin.traskie@hc.msu.edu).
* Recreational Sports and Fitness Services. The mission is to promote each participant's learning experience by engaging the university community in healthy lifestyles through sport, fitness, and recreational opportunities. Examples of ways to get involved is by participating in Graduate Group Fitness Classes that are sponsored by both Graduate Student Life & Wellness and Recreational Sports and Fitness Services.
  + Website: <http://recsports.msu.edu/index.php>

Social

* COGS’ Annual Fall Welcome Cookout takes place on a Saturday in August before the first week of school. There are music, games, giveaways and meeting your peers!
* LBGT Resource Center is dedicated to leading and collaborating on university-wide initiatives that prepare students to thrive in our diverse world, and enhancing the campus climate and support services for students marginalized by their sexuality or gender!
  + So when asked who is the Center for, it’s for everyone! And everyone comes to the LBGTRC to visit with staff members in the family room, chill out, play games, ask questions, study, check out our latest Community Gallery Exhibit, get a cup of coffee, have a good laugh, heat up lunch, have a good cry, show us your favorite YouTube videos, take a nap in our bean bag chair (AKA the Fat Boy), see what is happening on campus, complain about (INSERT GRIPE HERE), make friends, and get the help you need for just about anything by just asking.
* The Alliances for Graduate Education and the Professoriate (AGEP) is a National Science Foundation program that supports recruitment, retention, and graduation of underrepresented U. S. minorities in doctoral programs of the natural and social sciences, mathematics, and engineering. Graduate students, post-docs and faculty who participate in building the AGEP Community at MSU will provide a key to changing the culture of U. S. colleges and universities to embrace building world-class STEM and SBE faculties who fully reflect the diversity in race, gender, culture and intellectual talent of the U. S. population.
* Collegiate Recovery Group is housed in the Health Promotion Department. MSU’s Collegiate Recovery Community (CRC) serves students in or seeking recovery from alcohol and other drug addiction. The mission is to provide a safe and supportive campus community in which students in recovery from addiction can achieve their academic, personal and professional goals. The CRC and its services are designed to empower students to thrive in the fullness of the college experience, free from alcohol and other drugs.
* Office for International Students and Scholars (OISS) weekly coffee hour
  + Every Friday from 4-6 p.m., International Center Spartan Rooms B&C (inside the food court)

Intellectual

* Dissertation Support Group is a 6-week workshop for graduate students experiencing difficulty in the writing or completion of their dissertation. This group is open only to students who are actively working on and writing their dissertation full time. The group follows a brief, solution-focused model that utilizes short-term goal-setting in order to facilitate and maintain progress in the writing of the dissertation. It is intended to help students stay on track to meet an expected defense/graduation date. In addition, the group seeks to provide participants a supportive environment in which the presence of peers helps to mitigate the sense of isolation, frustration and anxiety that often accompanies the dissertation writing process.
* Council of Graduate Students is an authorized student government on campus representing our graduate/professional students at various levels across Michigan State University. Our mission is to improve and advance graduate education in order to ensure the vitality of intellectual discovery. COGS accomplishes its mission through advocacy, innovative research, and the development and dissemination of best practices. Supporting education is critical to achieving the highly skilled workforce needed for the U.S. to compete effectively in the 21st century global economy.
  + Email: [office@cogs.msu.edu](mailto:office@cogs.msu.edu) Website: <https://cogs.msu.edu/>

Spiritual

* What are you doing to cultivate your unique purpose in life?
* Spirituality can provide: A sense of meaning and connection, better health and longer life, coping skills during difficult times, and a strong spiritual community.
* The Element Church
  + Email: [info@theelement.church](mailto:info@theelement.church)
  + Phone: 517-614-7646
* Edgewood United Church is a progressive Christian community with strong ties to East Lansing and Michigan State University. We are especially active in efforts to promote social justice, cultivate interfaith collaboration, and support the area LGBTQ+ community.
  + Contact info: Cindy Winter, Office Manager, [cindy@edgewooducc.org](mailto:cindy@edgewooducc.org)
* Nature trails
  + Fenner Nature Center: 2020 E Mt. Hope Ave. Lansing, MI 48910
  + Woldumar Nature Center: 5739 Old Lansing, Rd. Lansing, MI 48917

Emotional

* MSU Counseling & Psychiatric Services, CAPS, is the new place on campus for students seeking help for a wide range of concerns, including: depression, anxiety, stress management, homesickness, adjustment or acculturation, relationships, gender and sexual orientation (LBGTQ) issues, substance abuse, traumatic experiences, eating or body image concerns, and other personal mental health concerns.
  + Phone: 517-355-8270
* Health4U Emotional Wellness coaching The focus of these coaching sessions is to help you move toward your desired goal, such as:
  + Feeling less stressed out
  + Getting motivated and/or organized
  + Increasing your focus
  + Learning more about yourself and others around you
  + Dealing with writer's block
  + Exploring career options

Occupational

* PhD Career Services can help at every state of planning for life after graduate school. If you are in need of one-on-one help in your career planning or professional development, it might be time to schedule an appointment.
  + Send an email to [hireaphd@msu.edu](mailto:hireaphd@msu.edu) for more information.
* MSU WorkLife Office
  + The WorkLife Office accomplishes our mission by offering guidance and education in five areas:
    - [**Career Transitions**](https://worklife.msu.edu/career-transitions): For faculty or staff, career transition concerns may include: tenure clock stoppage for parental leave; taking on a new role at MSU; advancing or changing careers; among others. The WorkLife Office offers consultation and connects you to seminars and workshops to assist in these matters.
    - [**Relocation & Community Connections**](https://worklife.msu.edu/relocation-community): If you are new to Michigan State, the Greater Lansing area, Michigan or the United States, the WorkLife Office can help connect you to campus and community resources. Even if you aren’t new to the area, we have plenty of ways to help you locate and access the resources you need.
    - [**Family Care**](https://worklife.msu.edu/family-care): Resources include, but are not limited to, consultation to determine the best care for you and your family’s needs; identifying emergency childcare; sharing best practices for elder care.
    - [**Workplace Assistance**](https://worklife.msu.edu/workplace-assistance): We offer guidance for talking with supervisors about flexible work arrangements, recommendations for resolving conflict in the workplace, and identifying MSU policies which may apply to your workplace setting, among others.
    - [**Research**](https://worklife.msu.edu/research): We provide access to cutting-edge research about best practices for work-life synergy and develop research specific to MSU’s community.
* Take initiative to work with your department, especially your advisor, about career support