

What's It All About?

The **MindBody Connection** is founded on the beliefs that:

- ☼ Mental and physical health are interrelated and inseparable.
- ☼ Academic and personal success depend on good physical and mental health.
- ☼ The best approach to health and well-being is one that attends to mind and body health simultaneously.
- ☼ All students have strengths and resources that can help them succeed personally and academically.
- ☼ Self-care is an important skill that can be learned and cultivated.
- ☼ Today's world makes it hard to nurture our selves and our strengths, but taking care of yourself is more important than ever.

The **MindBody Connection** provides UMKC students with educational and support services that enhance their skills related to physical, mental, and emotional health, all in support of their academic success. In an effort to foster overall well-being, as students and throughout their lifespan, the **MindBody Connection** helps students identify and capitalize on their personal strengths and access campus and community resources.



It's more than just a passing phrase.

Physical, mental, and emotional well-being are key to your academic and personal success. These resources are here to help you take care of yourself.

Counseling Center ☼ MindBody Connection ☼ Student Health & Wellness

UMKC is an equal opportunity/affirmative action institution.
People with speech and hearing impairments may call Relay Missouri,
1-800-735-2966 (T) or 1-800-735-2166 (voice).



mindbody
connection

A collaboration of UMKC Counseling Center and Student Health

**A resource center supporting
students' (w)holistic health.**

University of Missouri-Kansas City
University Center Room 161
(816) 235-5169 ☼ mindbody@umkc.edu
www.umkc.edu/chtc/mindbody.html

What's Available At The MindBody Connection?

Relaxation Station

The Relaxation Station offers a quiet space where you may take time for self-care:

- ☼ A state-of-the-art massage chair, offering a full body massage or focused attention on trouble areas.
- ☼ Relaxation recordings are available for your use.
- ☼ Aromatherapy is also offered as another means of self-care.
- ☼ This quiet space may also be utilized for prayer and meditation.




Programs & Events

The **MindBody Connection** offers a variety of programs and events. A calendar of events is published each semester and is also available on the **MindBody Connection** website:

www.umkc.edu/chtc/mindbody.html

Join us in the **MindBody Connection** for Tuesday Tune-Up series @ noon every Tuesday. Light snacks provided.

 Look for the **MindBody Connection** on Facebook to stay informed of all events and programs.

Computer Work Stations

The **MindBody Connection** offers two computer stations for students to utilize as a quiet place to study and to take online health screenings.

Get In The Zone!

HeartMath™ at the MindBody Connection



The **MindBody Connection** offers HeartMath, a computer program that teaches you how to control your heart rhythm patterns to trigger positive outcomes in the mind and body. Through fostering heart rhythm coherence, you can achieve feelings of balance and empowerment, a sense of calmness and mental focus, and overall improvements in your energy, health, and well-being.

This program is helpful for reducing test anxiety, managing stress, and improving performance quality, such as for athletes and performers.

To utilize this free program, simply visit the **MindBody Connection** and ask for an orientation to HeartMath.



No appointments required.

UMKC students report **STRESS** as the #1 factor affecting their individual academic performance. *

* According to Spring 2008 UMKC National College Health Assessment Data