

# Health & Wellness



WPI works to educate the whole student, mind and body. Your studies are important, but so is balance in your life. The key to excel on campus and throughout life is to find the combination of academic challenges, fun experiences, and personal growth opportunities that's right for you.

There are many ways for you to live healthy physically—learn a new skill, try a new activity, get out and explore while expanding your friendships—but always remember that your emotional health is just as important, and it's vital for you to know when to ask for help.

Here are some tips to help you start in the direction of a healthy lifestyle:

- Establish a routine in your daily life
- Try to get enough sleep
- Review—and adjust, if necessary—your eating habits
- Surround yourself with good relationships
- Find stress relievers that work for you
- Exercise—walk or run, go for a swim or bike ride, dance--anything that gets you up and moving

# Campus Resources

**Student Development &  
Counseling Center (SDCC)**

**Directory of Mental Health &  
Wellness Resources**

**Health Services**

## Health & Counseling Confidentiality Statement

All protected health information is confidential. Disclosure is not available to anyone without your informed, written consent. This includes parents, spouses, and college officials.

Health Services records are protected under applicable federal and state laws. There are limited exceptions to this policy, as Massachusetts public health law requires that certain communicable diseases be reported. The other exception relates to life-threatening situations where there is a threat to self or others. In the event of an emergency situation requiring hospitalization where it is impossible to obtain a student's permission, the parent or legal guardian will be notified by the attending physician. Download the [Notice of Privacy Practices \(PDF\)](#) for more information.