



Prioritize Your Well-Being

As we settle into the rhythm of the semester, it's important to remember that your well-being is just as essential as your academic success.

Today, on **UNC's Well-Being Day**, we encourage you to take a moment to pause, reflect, and prioritize yourself. Investing in your mental health can help you stay focused, reduce stress, and build the resilience you need to succeed both in and out of the classroom.

Whether it's taking a break, connecting with others, getting organized, or simply giving yourself space to recharge, even small acts of self-care can have a meaningful impact. Prioritizing your well-being isn't just helpful—it's a key part of doing your best.

UNC offers a wide range of resources designed to support you along the way. Be sure to check out this week's *Resource Spotlight* below for a few ways to focus on your well-being this fall.

BEING BUSI

Are you looking for ways to engage with Kenan-Flagler and the larger UNC community as a Pre-Business student? Here are 3 opportunities to consider...

Preparing for Midterms, Learning Center Workshop

Wednesday, 9/23, 4:00 – 5:00 PM

Register in [Heel Life](#)

Find Your Research Fit: Identifying Faculty & Crafting Cold Emails

Thursday, 9/24, 5:30 – 6:30 PM

Register in [Heel Life](#)

First Year Faves, Chase Dining Hall and Carolina Union

Thursday, 9/24, 5:00 – 8:00 PM

Register in [Heel Life](#)

Resource Spotlight

UNC Wellness Resources

Want a quick overview of free resources available to support your well-being? Check out a recent post from [@UNCHealthyHeels on Instagram](#) — a great reminder of the many ways UNC helps students stay healthy, grounded, and connected.

From mental health support and wellness coaching to peer-led programs and campus events, there's something for everyone. Be sure to explore the full list below — and for ongoing tips and updates, follow UNC Healthy Heels on [Instagram](#) and [Threads](#).

Counseling and Psychological Services (CAPS)	Brief individual therapy, group therapy, & referral support to long-term therapy.
Campus Health Services	Immunizations, allergy services, gynecology, nutrition services, pharmacy, primary care, radiology, medical academic interventions, ADHD, & gender affirming care.
UNC Student Wellness	One-on-one wellness coaching and programming/workshops.
Carolina Financial Well-Being Center	One-on-one appointments, online resources, and group programming/workshops.
Campus Recreation	Group fitness, personal training services (additional fee), outdoor education expeditions & climbing gym.
Access and Accommodations	Accessibility accommodations, assistive technology (AT), academic translation and interpretation services.
Veterans Resource Center	Academic and career workshops, front desk peer advising, social and wellness events.
Writing & Learning Center	Academic coaching, writing coaching, peer tutoring, ADHD and LD support.

View previous Pre-View Archives and other Pre-Business Resources, including our BUSI Talk recordings, [here](#).



**Kenan-Flagler
Business School**

UNC Kenan-Flagler Business School
Bell Hall, Campus Box 3490
Chapel Hill, NC 27599-3490