



Pause with Purpose: Prioritizing 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. With UNC's Well-Being Day coming up on September 15, we invite you to take a moment to pause, reflect, and reconnect — with yourself and with the support systems around you.

Whether you're looking to manage stress, build community, or simply take a well-deserved break, UNC offers a wide range of resources to help you thrive. Be sure to check out the [Resource Spotlight](#) section below for a few ways to support 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...

Smart Spending: Build a Budget That Fits

Carolina Financial Well-Being Center

Wednesday, 9/17, 12:15 PM - 1:00 PM

Register in [Heel Life](#)

UNC Career Center Jobs and Internships Career Fair

Thursday, 9/11, 11:00 AM - 4:00 PM

Register in [Handshake](#)

Investment Banking Boot Camp Kick-Off

Tuesday, 9/16, 6:00 PM - 7:00 PM

Learn more and **RSVP** [Here](#)

Resource Spotlight

Want a quick overview of free resources available to support your well-being? Check out this [recent post from @UNCHealthyHeels on Instagram](#) — it's 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.

Health and Wellness Resources

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, programming/workshops
Carolina Financial Well-Being Center	One-on-one appointments, online resources, and group programming/workshops

<u>Campus Recreation</u>	Group fitness, personal training services (additional fee), outdoor education expeditions, climbing gym
<u>Accessibility Resources and Services</u>	Accessibility accommodations, assistive technology (AT), academic translation and interpretation services
<u>LGBTQ Center</u>	Drop-in spaces, workshops, trainings, LGBTIQ+ speaker series, and peer support groups
<u>Veterans Resource Center</u>	Academic and career workshops, front desk peer advising, social and wellness events
<u>Writing & Learning Center</u>	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](#).