

MindHandHeart

***DEPARTMENT SUPPORT PROJECT
COMMUNICATIONS TOOLKIT
(SUMMER 2019)***





Make a Difference with Well-being Messaging

Students pay attention to departmental communications. Use this toolkit to weave well-being messaging into your regular correspondence.

This toolkit is organized into eight themes:

- Mental Health
- Sleep
- Diversity, Inclusion, and Equity
- Meditation
- Community
- Grants and Funds
- Nutrition and Exercise
- Safety

Copy and paste these MIT articles and resources into social media posts, emails, e-newsletters, and print correspondence to encourage healthy behaviors and help students, faculty, and staff feel cared for.

For more information on ways to share well-being messaging and make MIT a healthier, more welcoming place, visit our website at mindandheart.mit.edu or send us an email at mindandheart@mit.edu.

Mental Health



- Looking for personal and wellness resources at MIT? Check out resources.mit.edu/support.
- Stressed, anxious, or depressed? Don't Struggle Alone. Connect with a clinician from Student Mental Health and Counseling Services at MIT Medical: medical.mit.edu/services/mental-health-counseling.
- MIT students: do you have a problem, but are not sure who to talk to? Try S3- Student Support Services at MIT. studentlife.mit.edu/s3
- MIT graduate students: don't just survive, thrive! Check out [MIT GradLink](https://mitgradlink.com) for wellness resources.
- Be it exercise or sleep, sexual health, or mindfulness, Community Wellness at MIT has got your mental and physical wellbeing covered. Check them out for a variety of wellness resources and programs: medical.mit.edu/services/community-wellness.
- MIT Students: not sure when and how to seek medical attention? Connect with a "MedLink" today. More information at: medlinks.mit.edu
- [iREFS](#) and [dREFS](#) are services provided by MIT graduate students trained and certified in conflict management skills to provide peer-to-peer support for students at MIT.
- Life as a student can be financially stressful. Check out [CASE](#), a student run initiative that provides resources on how to make life affordable while you are at MIT.
- The Work-Life Center at MIT offers a wide range of programs and services to enhance graduate students and MIT employees' quality of life, both at home and at work. More information at hr.mit.edu/worklife/
- Do you have a disability? Check out [Student Disability Services at MIT](#) to ensure you have access to all the programs, services, and activities MIT has to offer.
- MIT takes hazing seriously. Read more on how to prevent, identify, and report hazing: hazefree.mit.edu/

- The Office of Religious, Spiritual and Ethical Life organizes various programs and events throughout the year to support the MIT community. Read more here: studentlife.mit.edu/rl.
- Learn about your rights and responsibilities as a student from the Office of Graduate Education. Read more at: oge.mit.edu/development/gps/.
- [Violence Prevention and Response \(VPR\)](#) is MIT's primary on-campus resource for preventing and responding to interpersonal violence including sexual assault, dating and domestic violence, stalking, and sexual harassment. Their advocates are available 24 hours a day to support survivors in deciding what to do next.
- "If you feel like you're getting depressed— ask for help." Physics Professor John Belcher gives a candid description of his own experience with depression and seeking support. youtube.com/watch?v=m74Zl1PhAjY&t=12s
- VIDEO: During his first semester at MIT, Media Lab grad student Karthik Dinakar became depressed, but felt he should be able to handle it on his own. It wasn't until he reached out to friends and other support systems for help that he realized he wasn't the only one struggling. youtube.com/watch?v=U4g5BKKk28Uw&t=1s
- VIDEO: Alumna Grace Taylor '12 discusses vulnerability, managing depression, and the supportive environment she found at MIT. youtube.com/watch?v=meEqtPAfgo
- VIDEO: Psychologist XiauLu Xsi discusses confidentiality and what students can expect when they reach out to MIT Medical's Mental Health and Counseling department for help. youtube.com/watch?v=gXaKODAgZpO
- VIDEO: David Randall, MIT's Senior Associate Dean for Student Support and Wellbeing, outlines concise, concrete steps and resources faculty can use to help students after a tragedy or loss in the community. youtube.com/watch?v=TAA1ykpfXxM
- WATCH: Lourdes Aleman from the Teaching and Learning Lab discusses using growth mindset to succeed at MIT and beyond. youtube.com/watch?v=L4tcm2NE5F8
- WATCH: Wellness Instructor Zan Barry explains how mental health and well-being programs and services at MIT Medical can benefit students and other members of the MIT community. youtube.com/watch?v=BUoU3szg3pc
- MIT Medical's health columnist Lucy answers: how common are social anxiety disorders? medical.mit.edu/ask-lucy/2016/09/i-cant-be-only-one
- Ask Lucy is MIT Medical's intrepid health columnist who is here to answer questions you cannot ask anyone else. Check out Lucy's column: medical.mit.edu/ask-lucy.

 **Need help? Start here.**

resources.mit.edu/support

Support Those in Distress

Someone who is in distress is likely to display behaviors that indicate they need help. For example, they may have frequent absences from class or work, express feelings of hopelessness, or appear apathetic, isolated, or withdrawn.

If you're worried about someone in the MIT community—student, staff member, or anyone else—[Student Mental Health and Counseling Services](#) can give you advice on the best approach you can take to help that individual. Just call them at 617-253-2916 (weekdays) or 617-253-4481 (nights/weekends). A mental health clinician is on call and available 24 hours a day, seven days a week. Same day, in-person appointments are also available when needed.

We all need support sometimes. Seeking help is not a sign of weakness- it is a sign of strength. Please, ask for help when you need it and encourage others to do the same.



TREAT OF US



ATM

WIND

slide



Sleep



- Adequate sleep is associated with better health and overall well-being. Check out MIT Medical's website for resources to get more and better rest: medical.mit.edu/community/sleep
- PODCAST: Sleep expert Zan Barry (Community Wellness at MIT Medical) provides tips on how to get enough sleep at MIT. medical.mit.edu/podcast?item=18775
- VIDEO: Turn your Zzz's into A's. Watch how sleep can help you improve memory and stay alert. Video produced by MIT Physical Education. youtube.com/watch?v=EsZoxTUEiY8
- VIDEO: MIT Student Victoria shares tips for getting healthy sleep at MIT. youtube.com/watch?v=FNpTYogXm3A&feature=youtu.be
- Having trouble sleeping? Here's a rundown of ways to cheat sleep: medical.mit.edu/sites/default/files/Cheat_Sleep.pdf
- Call 617-253-CALM, anytime (24/7) day or night, to hear a relaxing recording.
- Work. Friends. Sleep. Pick three! Watch this video to hear tips on getting more and better rest at MIT: youtube.com/watch?v=i5ONSoxMwzk
- Studies may take precedence over sleep during busy times in the semester. Is it better to take short naps or one long nap? MIT Medical's health reporter Lucy answers: medical.mit.edu/ask-lucy/2016/04/all-nighter-strategy
- MIT Medical's health reporter Lucy has suggestions for how to overcome midafternoon sleepiness. Read more: medical.mit.edu/ask-lucy/2018/04/eyes-wide-shut
- What is the minimum sleep a body needs? MIT Medical's health reporter Lucy investigates: bit.ly/2GQtug4. For more check out MIT Medical's sleep resources: medical.mit.edu/community/sleep

- Your body's internal clock dips between 1 p.m. and 3 p.m. Here are some tips from the National Sleep Foundation on how to take a short afternoon nap without disturbing your sleep schedule: bit.ly/2yF4XpT
- TLC: Temperature, light, and calming play an important role in getting a good night's sleep. Read more: consumersadvocate.org/features
- Good, Fair, or Poor? Evaluate the quality of your sleep: sleepfoundation.org/sleep-topics/good-fair-or-poor
- The American Academy of Sleep Medicine offers tips to develop healthy sleep habits: sleepeducation.org/essentials-in-sleep/healthy-sleep-habits



**CALL
253-CALM
AND
CARRY
ON**

**MIT Sleep and
Relaxation Line
617-253-2256
mit.edu/wellness**

Diversity, Equity, & Inclusion



- The [Institute Community & Equity Office \(ICEO\)](https://diversity.mit.edu/) is advancing a respectful and caring community that embraces diversity, equity, and inclusion, and empowers everyone to learn and do their best at MIT. diversity.mit.edu/
- The [MIT Office of Minority Education \(OME\)](https://ome.mit.edu/) is committed to promoting academic excellence, building strong communities, and developing professional mindsets among students of underrepresented minority groups, with the ultimate goal of developing leaders in the academy, industry, and society. ome.mit.edu/
- The [First Generation Program \(FGP\)](https://uaap.mit.edu/resources-support/first-generation-program) is committed to building a sense of community among first generation MIT students, faculty, alumni, and staff, and raising awareness of their unique experiences. uaap.mit.edu/resources-support/first-generation-program
- [International Students Office \(ISO\)](https://iso.mit.edu/) serves all incoming and currently enrolled international students at the Institute. The ISO assists students in maintaining their legal status in the United States, provides support for their dependents, and promotes interaction with and integration into the MIT community at large. More: iso.mit.edu/.
- Do you have a disability? Many MIT students do - visible and invisible, permanent, and temporary. [Student Disability Services](https://studentlifemit.edu/sds) is here to ensure that you have access to all of MIT's programs, activities, and services. More: studentlifemit.edu/sds
- The [Language Conversation Exchange \(LCE\)](https://lce.mit.edu/) is dedicated to sharing the power of language through conversation partnerships and informal events— open to all members of the MIT community. Attend a LCE event and learn a new language today!
- The [MIT Black History Project](https://mitblackhistory.blogspot.com/) aims to place the black experience at MIT in its full and appropriate context, by researching and disseminating a varied set of materials and by exposing a larger community of interests — both inside and outside MIT — to this rich, historically significant legacy. mitblackhistory.blogspot.com/
- The [Latino Cultural Center \(LCC\)](https://latinomit.edu/index.html) functions as the hub for Latino students and student organizations, as well as individual community members interested in learning more about Latino culture. More: latinomit.edu/index.html

- The [Office of Multicultural Programs](http://studentlife.mit.edu/omp) seeks to foster an inclusive and affirming campus climate. The office provides students with opportunities to engage in meaningful dialogue and activities that will assist them in becoming change agents at MIT and beyond. More: studentlife.mit.edu/omp.
- At MIT, there are about 25 active and long-standing religious organizations on campus. These organizations are based in Building W11, the [Religious Activities Center](http://studentlife.mit.edu/rl). Chaplains who represent major faith communities devote their time to on-campus activities, one-on-one counseling for students, and advising student religious organizations. More: studentlife.mit.edu/rl.
- [LGBTQ+ @MIT](http://lgbtq.mit.edu/) serves as an intercultural resource for diverse gender, romantic, and sexual identities. From individual student support to organizational development and institutional policy advocacy, LGBTQ+ Services' support, programming, and educational endeavors aim to enhance the experiences of MIT's LGBTQ+ community. More: lgbtq.mit.edu/
- The [Rainbow Lounge](http://gamit.mit.edu/fysm/2006/lounge.html) serves as a meeting space and support network for all LGBTQ+ related activities, programs, and services at MIT. (50-005 Walker Basement) More: gamit.mit.edu/fysm/2006/lounge.html
- The Social Justice Programming & Cross Cultural Engagement Intercultural Center ([SPXCE](http://spxce.mit.edu/), pronounced "space") works to foster a more inclusive, equitable, and affirming MIT campus climate. As a collaborative initiative between the Office of Multicultural Programs and [LGBTQ@MIT](http://lgbtq.mit.edu/), SPXCE provides intersectional social justice education, support, community-building, and leadership development.
- The [MIT Women's League](http://mitwomen.org/) is a social and service organization founded in 1913 to foster connections among women at the Institute. The League offers Institute women opportunities to participate in a wide variety of programs and projects. Join today to connect with MIT women, learn new things, and make a difference for the MIT community.

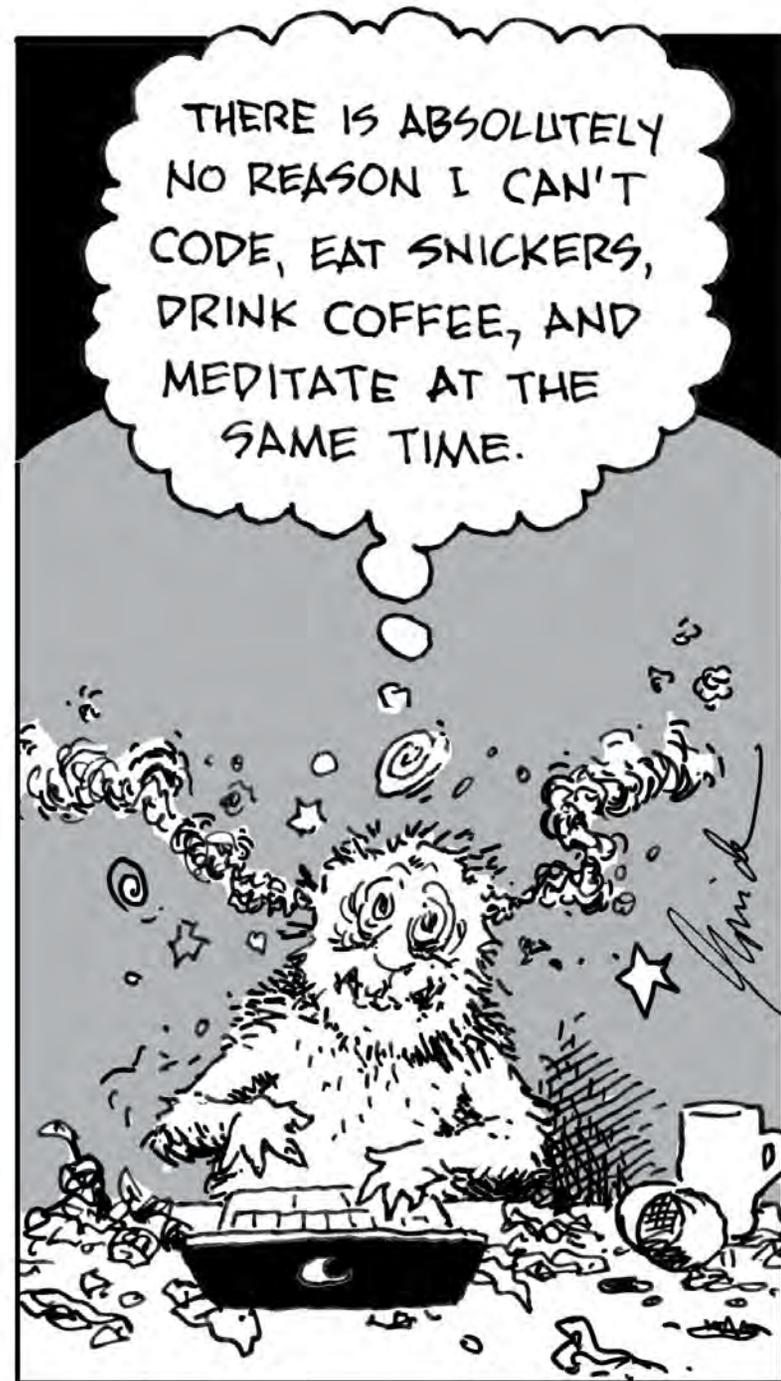


Meditation



- VIDEO: What is mindfulness? What are its benefits and how can you practice it? MIT Physical Education explains: [youtube.com/watch?v=wDG5D8iBRjc](https://www.youtube.com/watch?v=wDG5D8iBRjc).
- "Practice being at one with yourself just for a moment." Watch this video from MIT Medical for tips on making time to meditate: [youtube.com/watch?v=oF6vlo-1t8w](https://www.youtube.com/watch?v=oF6vlo-1t8w).
- Ask Lucy, MIT Medical's intrepid health reporter, answers: what exactly is mindfulness? medical.mit.edu/ask-lucy/2017/04/mindfulness
- Meditation can help you become more aware of your mind and body. Watch MIT Physical Education explain the scientific benefits of meditation and how you can weave it into your daily routine. . [youtube.com/watch?v=tIHs3VW7gKc](https://www.youtube.com/watch?v=tIHs3VW7gKc)
- VIDEO: In this introductory video, MIT Athletics Mindfulness Instructor Maite leads a guided meditation. [youtube.com/watch?v=RjjU7_aLoPw](https://www.youtube.com/watch?v=RjjU7_aLoPw)

- Researchers at Carnegie Mellon University have found that meditation causes changes to the brain and body that can potentially result in improved health: well.blogs.nytimes.com/2016/02/18/contemplation-therapy/
- Looking for a good meditation app to calm your nerves? Here are some suggestions: well.blogs.nytimes.com/2015/11/14/how-to-pick-a-meditation
- What are the health benefits of meditation? The New York Times Wellness Blog offers some insights: nyti.ms/2YuvENk



Community



- LISTEN: In this podcast, Maryanne Kirkbride, executive administrator at MIT Medical, talks about MindHandHeart and its role and impact at MIT. radiomd.com/audio-player/mit/item/38485-mit-s-mindhandheart-initiative
- LISTEN: Greg Baker talks about how to stay healthy at MIT with the MedLinks, which serve as liaisons between undergraduate students and MIT Medical. radiomd.com/audio-player/mit/item/35222-medlinks-stay-healthy-at-mit
- "Wellness should be holistic and integrative." Listen to Caitlyn McCourt, Senior Program Manager at MIT, talk about Community Wellness at MIT Medical. radiomd.com/audio-player/mit/item/33802-community-wellness
- The [MIT Ombuds Office](#) helps people express concerns, resolve disputes, manage conflicts, and learn more productive ways of communicating. The Ombuds Office serves as an independent, confidential, neutral, and informal resource to members of the MIT community.
- The [MIT Student Furniture Exchange \(FX\)](#), a service project of the MIT Women's League since 1960, sells used furniture and household goods at bargain prices to members of the MIT community.
- Religious, moral, and ethical convictions are important personal identity markers, and MIT encourages all members of our community to freely express their beliefs. [The Office Religious, Spiritual, and Ethical Life](#) offers on-campus activities, one-on-one counseling for students, and advising for student religious organizations.

Grants and Funds



- The [MindHandHeart Innovation Fund](#) offers grants of up to \$10,000 to students, faculty, and staff with ideas to make MIT a healthier, more welcoming place.
- Interested in creating a positive impact within and beyond the MIT community? Check out the [Arthur C. Smith Memorial Fund](#).
- Looking for support to kick start a project for underserved communities? Apply to the [Baker Fellowship](#) for financial assistance.
- Do you have an art project idea that will engage the MIT community? Apply to the [Council of Arts at MIT \(CAMIT\)](#).
- Have an initiative in mind to promote peace in the world? Apply for [Davis Projects for Peace Fellowship](#).
- Apply for the [Diversity Program Grant](#) if you have a project idea that will foster better relations among diverse racial and cultural groups and raise awareness of the importance of diversity in society.
- The [Graduate Student Council \(GSC\)](#) offers a variety of funds to support student groups and projects aimed towards diversity, sustainability, inclusion, and for the overall benefit of the MIT community.
- Got a creative community building idea? Apply to the Office of Graduate Education's Graduate Student Life Grants to shape and implement your idea. More information: oge.mit.edu/community/gslg/
- Looking to fund a large event? Check out [ASA's Large Event Fund \(LEF\)](#) and the [Assisting Recurring Cultural And Diversity Events \(ARCADE\)](#).
- Apply to Finboard Funding to support your undergraduate student group. More information: ua.mit.edu/financial-board/
- The [Sandbox Innovation Fund](#) is a unique opportunity for MIT Graduates and undergraduates to avail both funding and mentorship from the MIT network for their entrepreneurship ideas.
- The [Community Service Fund](#) supports the public service work of MIT community members.

Nutrition



- MIT students: donate your unused meal swipes! The SwipeShare program is helping to alleviate food insecurity on campus by allowing students to share their surplus meal swipes with their peers.
studentlife.mit.edu/s3/money-food-resources/food-resources
- Family Food Grants: Students with families that are experiencing food insecurity can apply for a family food grant through Division of Student Life. Apply here: bit.ly/2T9VCj8
- VIDEO: Eating for Energy- Kelsea Forrester, a dietician at MIT explains how to plan meals to stay full and healthy. youtube.com/watch?v=djrvZFldWck
- VIDEO: Fruits and vegetables- Take 5! MIT Physical Education interns offer tips on how to incorporate more fruits and vegetables into your diet. youtube.com/watch?v=tpUH7lyFvMY
- A yummy resource: Café Bon Appetite- it is an online blog for the MIT community with a focus on wellness, nutrition, and sustainability.
mit.cafebonappetit.com/wellness/
- "Mindful eating, or intuitive eating, refers to the principle of being present — fully in the moment — and using all of your senses while you eat."
bit.ly/2Tb1mJF
- 3 Factors to a healthier you via Café Bon Appetite: mit.cafebonappetit.com/wellness-beyond-your-plate-3-key-factors-to-a-healthier-you/
- Budget Bites: Tips on how to eat healthy even when on a budget: mit.cafebonappetit.com/budget-friendly-bites/
- ARTICLE: "Research shows that stress, lack of sleep, and a sedentary lifestyle can be just as detrimental to health as a poor diet, if not more."
mit.cafebonappetit.com/the-buzz-self-care/
- READ: 5 Really Good Reasons to Eat Seasonally. mit.cafebonappetit.com/5-really-good-reasons-to-eat-seasonally/
- READ: Avoid the 2 PM slump via Café Bon Appetite. mit.cafebonappetit.com/stop-the-slump-boost-energy-the-natural-way/

- Pills vs. Peas: Can supplements offer all the nutrients we need? mit.cafebonappetit.com/pills-vs-peas-can-supplements-offer-all-the-nutrients-we-need/
- "Timing is key when you're eating for performance, and the most important rule is to fuel up with something." mit.cafebonappetit.com/fueling-for-your-best-performance/
- 10 Brain Boosting Bites via Café Bon Appetite. mit.cafebonappetit.com/10-brain-boosting-bites/
- Got red, yellow, green, or blue on your plate? Learn why "eating the rainbow" is important. mit.cafebonappetit.com/wellness-tips-why-eating-the-rainbow-is-the-key-to-wellness/
- Good for you and good for the Earth. Learn how small changes to your diet can make a big difference. mit.cafebonappetit.com/good-for-you-good-for-the-earth/
- Exercise Eats: Real food or sports food? Find out here: mit.cafebonappetit.com/exercise-eats-real-food-or-sports-foods/
- "In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life." Learn more here: mit.cafebonappetit.com/disorder-eating-patterns/
- 6 tips to eat and stay healthy in the workplace via Café Bon Appetite. mit.cafebonappetit.com/eating-healthy-in-the-workplace/
- Plan, Purchase, Prep: A 3-Step Guide to Meal Prepping via MIT Recreation: mitrecsports.com/wellness/plan-purchase-prep-3-step-guide-meal-prepping/
- The buzz from Café Bon Appetite: Is eating "clean" the golden ticket to health and happiness? mit.cafebonappetit.com/the-buzz-clean-eating/

BEAVER DOME



THE STRIP ABOUT ANIMALS YOU MAY KNOW



Exercise



- VIDEO: MIT Physical Education explains the link between exercise and learning. [youtube.com/watch?v=HIMKW-6ivro](https://www.youtube.com/watch?v=HIMKW-6ivro)
- Check out MIT Recreation's blog for tips on workouts, fitness, wellness, nutrition, and more. Visit: mitrecsports.com/blog/
- 10 ways to bring exercise to your office or dorm via MIT Recreation: mitrecsports.com/blog/?category=wellness&tag=exercise&search
- "Research shows that we can maintain healthier brain function with one simple action: exercise."
- Workout where you work via MIT Recreation: bit.ly/2ZD9qFn
- READ: Achieve balanced fitness with Dr. Elizabeth Green. bit.ly/2YtAiuN
- 7 healthy habits that make a big difference via MIT Recreation: bit.ly/2OHJJcm
- Sync Yoga and your brain by Brittany Fair, NeuroFlow Yoga instructor at MIT Recreation. bit.ly/2OHk9O3
- Five reasons to work out as a family via MIT Recreation: bit.ly/2Kllol3
- Take a break, exercise! 8 stretches for your study break. bit.ly/2KkOypm
- Workout to study better via MIT Recreation: bit.ly/2yKjVuJ

Safety



- The MIT Police is committed to keeping MIT campus safe. Visit their website to view the many resources offered by the department: police.mit.edu/
- The [MIT Crime Prevention Unit](https://police.mit.edu/safety-programs) provides seminars upon request for any MIT department or organization. These programs aim to enhance personal safety and safeguard property through education and awareness. More: police.mit.edu/safety-programs
- MIT is committed to providing a working, living, and learning environment free of harassment, bias, and discrimination. The [Title IX & Bias Response Office \(TgBR\)](https://titleix.mit.edu/) works closely with other campus offices to address incidents of bias and discrimination.
- [Violence Prevention and Response \(VPR\)](https://vpr.mit.edu/) is MIT's primary on-campus resource for preventing and responding to interpersonal violence, including sexual assault, dating and domestic violence, stalking, and sexual harassment. All services offered by the VPR are free and confidential.
- The [Emergency Management Response Guide](https://emr.mit.edu/) serves as a quick reference for what to do in the event of an emergency. Read it prior to an emergency to increase your preparedness.
- [MIT Emergency Management](https://emr.mit.edu/) is responsible for comprehensive emergency management at MIT. @MITPrepared
- [MIT Alert](https://mitalert.mit.edu/) is an emergency notification system that uses numerous electronic methods to rapidly inform the MIT community about emergencies. Be safe and [sign up](https://mitalert.mit.edu/) today!



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mindhandheart.mit.edu