Also, in partnership with student groups as well as the Woodruff Health Sciences Center and SOM, the CHSS focuses on student success initiatives. It means we offer a space both physically and virtually where you can explore:

- **Choice (DOCS) program under the leadership of Dr. Mary Dolan.**
- **Emily's role is to operationalize programming and student success initiatives for CHSS.** She is a mom of two children and three fur babies.
- **She has an undergraduate degree in English Literature and Communication Studies from Clemson University.** Emily is a wife and a mom of two children and three fur babies.
- **She received her Master's degree in Management from Lander University and holds a Bachelor's degree in Psychology from Furman University.** In recent years, she has also completed a Certificate of Diversity and Inclusion from the University of Georgia.
- **Christen C. Hairston, Ph.D.**
- **Dr. Hairston also holds a Master's degree in Counselor Education in Student Affairs from Mary.**
- **She cannot serve from an empty vessel.” Find ways now to give yourself grace in times of stress and remember that it is okay to ask for help.**
- **CHSS aspires to improve students' balance and well-being, providing a myriad of resources that can help students manage their academic and personal lives.**
- **Cognizance: Based on your request, CHSS will match you to a tutor via email.**
- **Provide feedback:** Let us know you are interested by completing the tutor request form.
- **Calendly:** Click to register.
- **New CBCT Meditation course:** Join Emory Club Sports.
- **Check out the programs welcome!**
- **“What's the Big Deal About Anki”**
- **Emory self-care resources:**
  - **Enjoy Atlanta on a student's budget:**
  - **Enjoy our relaxing and inviting space.**
- **Engage in wellbeing events (advertised via MD and Academic Health Listservs as well as on TVs throughout the SOM):**
  - **Request a Tutor:**
  - **Provide feedback:**
  - **Self-Care Tips:**
    - **Sleep:**
      - **Sleep-in, when possible**
      - **Turn off your phone for at least an hour each day**
      - **Unplug from social media**
    - **Mindfulness:**
      - **Do a jigsaw puzzle**
      - **Take a bubble bath**
      - **Float Atlanta**
      - **Read a book**
    - **Exercise:**
      - **Move your body**
      - **Yoga**
      - **Join Emory Club Sports**
      - **Enjoy Atlanta on a student's budget**
    - **Nutrition:**
      - **Enjoy Atlanta on a student's budget**
      - **Enjoy our relaxing and inviting space.**
- **Emergency Notifications:**
- **Future Growth: Programs welcome!**
- **For questions or concerns email For questions or concerns email [email address].**
- **Upcoming CHSS Events:**
  - **New CBCT Meditation course in Lactation Resources**
  - **Emergency Notifications**
  - **Self Care Tips**
  - **Meet the Team!**
  - **Resources**

**August Recap:**

**Recent Events**

- **SOM Movie on the Lawn**
- **SOM Tutoring Program**
- **GRAND OPENING on July 17, 2023**
- **New CBCT Meditation course**
- **Join Emory Club Sports**
- **Check out the programs welcome!**
- **“What’s the Big Deal About Anki”**
- **Self-Care Tips:**
  - **Sleep:**
    - **Sleep-in, when possible**
    - **Turn off your phone for at least an hour each day**
    - **Unplug from social media**
  - **Mindfulness:**
    - **Do a jigsaw puzzle**
    - **Take a bubble bath**
    - **Float Atlanta**
    - **Read a book**
  - **Exercise:**
    - **Move your body**
    - **Yoga**
    - **Join Emory Club Sports**
    - **Enjoy Atlanta on a student's budget**
  - **Nutrition:**
    - **Enjoy Atlanta on a student's budget**
    - **Enjoy our relaxing and inviting space.**
- **Emergency Notifications**
- **Future Growth: Programs welcome!**
- **For questions or concerns email For questions or concerns email [email address].**
- **Upcoming CHSS Events:**
  - **New CBCT Meditation course**
  - **Join Emory Club Sports**
  - **Check out the programs welcome!**
  - **“What’s the Big Deal About Anki”**
  - **Self-Care Tips:**
    - **Sleep:**
      - **Sleep-in, when possible**
      - **Turn off your phone for at least an hour each day**
      - **Unplug from social media**
    - **Mindfulness:**
      - **Do a jigsaw puzzle**
      - **Take a bubble bath**
      - **Float Atlanta**
      - **Read a book**
    - **Exercise:**
      - **Move your body**
      - **Yoga**
      - **Join Emory Club Sports**
      - **Enjoy Atlanta on a student's budget**
    - **Nutrition:**
      - **Enjoy Atlanta on a student's budget**
      - **Enjoy our relaxing and inviting space.**
  - **Emergency Notifications**
  - **Future Growth: Programs welcome!**
  - **For questions or concerns email For questions or concerns email [email address].**