Let’s Talk Health is an opportunity to start talking about the foundation for healthy behaviors in college by bringing together existing health campaigns. It’s a place to gather information, share personal stories, develop new strategies, and start a community conversation about health.
Health is a Journey. Join us for 7 Ways to a Healthier You.

Let’s Talk HEALTH
What does being healthy mean to you?
We invite you to join the conversation.
Follow us at @wearebchealth

Let’s Talk TIME
1. Listen: Ryder Carroll, the creator of The Bullet Journal shares how to customize your organization system.
2. Talk: Time is precious. How do you use your time? Come discuss the culture of busyness and how time influences other areas of your health.
3. Challenge Yourself: Pre-plan, organize, and balance your semester by using helpful calendaring techniques.

Let’s Talk STRESS
1. Listen: Kelly McGonigal shares how to make stress your friend.
2. Talk: Stress is something that we all experience. How do you manage it? Come discuss personal stressors, and learn helpful ways to reduce your stress.
3. Challenge Yourself: Understand personal stressors, triggers, and ways to develop positive coping strategies.

Let’s Talk ALCOHOL
1. Listen: Marissa Silveri, a neurobiologist, shares ways alcohol affects your brain.
2. Talk: Navigating the social scene in college can be challenging. Come discuss the BC drinking culture.
3. Challenge Yourself: Reflect on choices around alcohol, whether you choose to drink or not, and explore ways to reduce risk and enjoy socializing without alcohol.

Let’s Talk RESILIENCE
1. Listen: Rachel Simmons, a leadership specialist, will share how to talk back to your inner critic and take healthy risks.
2. Talk: We all have had bumps in the road, setbacks, and failures. What’s a bump in the road you’ve had? Come discuss how you’ve dealt with it.
3. Challenge Yourself: Explore ways to take care of yourself, make connections with others, and manage stress well.

Let’s Talk NUTRITION
1. Listen: Embrace, the documentary film, sheds light on food and body image.
2. Talk: Nutrition is a hot topic and promoted heavily on the media. How do you fuel your body? Come discuss your relationship with food and learn about balanced eating.
3. Challenge Yourself: Explore and challenge your thoughts and behaviors about nutrition and body image.

Let’s Talk SLEEP
1. Listen: Roxanne Prichard, sleep researcher, discusses the importance of sleep for academic, physical, and emotional health.
2. Talk: Sleep is vital for GPA, memory, and decision-making. What’s keeping you from prioritizing sleep? Come discuss how to improve your snooze.
3. Challenge Yourself: Feel well rested and productive by implementing sound sleep habits.

Let’s Talk EXERCISE
1. Listen: Fitness staff and enthusiasts discuss the joys of exercising, and creative and fun ways to stay active.
2. Talk: Fitness trends are all the buzz. What are your reasons for exercising? Come discuss the barriers and successes of exercise.
3. Challenge Yourself: Set personal goals and develop a fitness plan tailored to your needs, interests, and schedule.

For more information, contact the Office of Health Promotion:
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