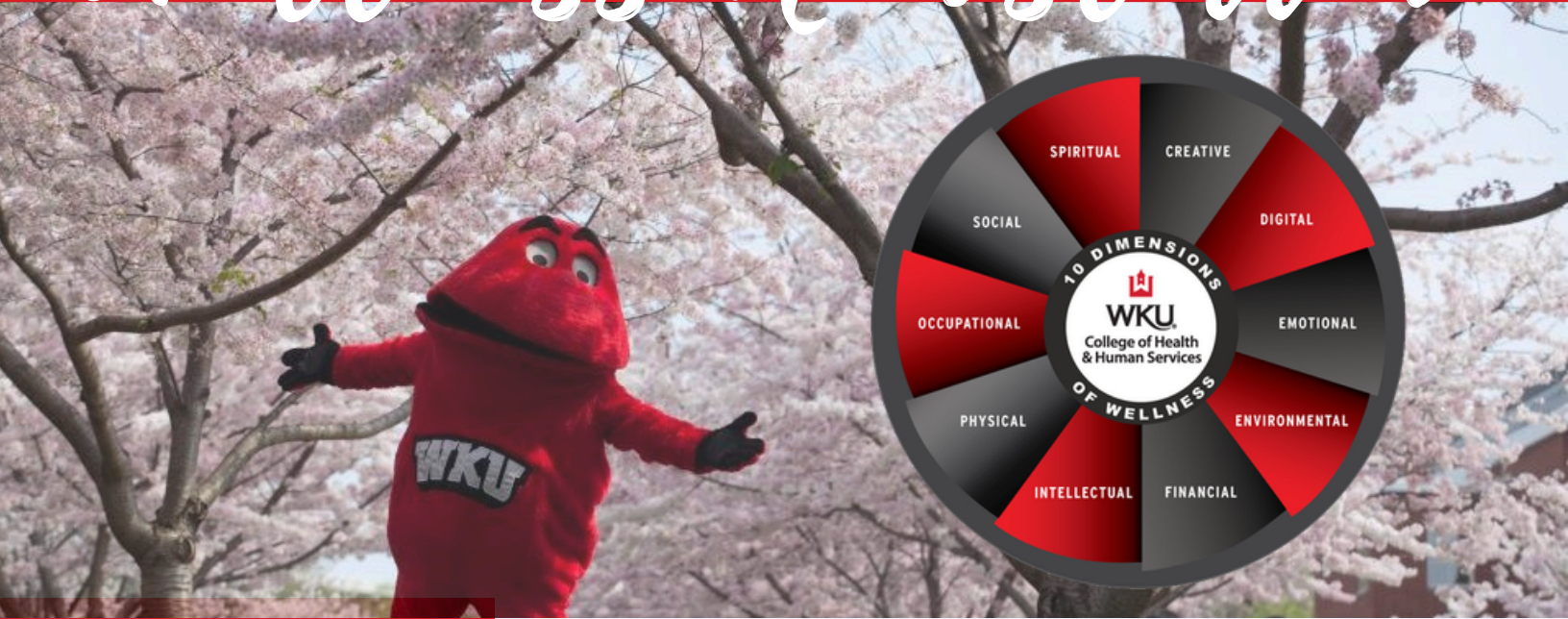




College of Health
& Human Services

Wellness Newsletter



CHHS Wellness Events Committee Members

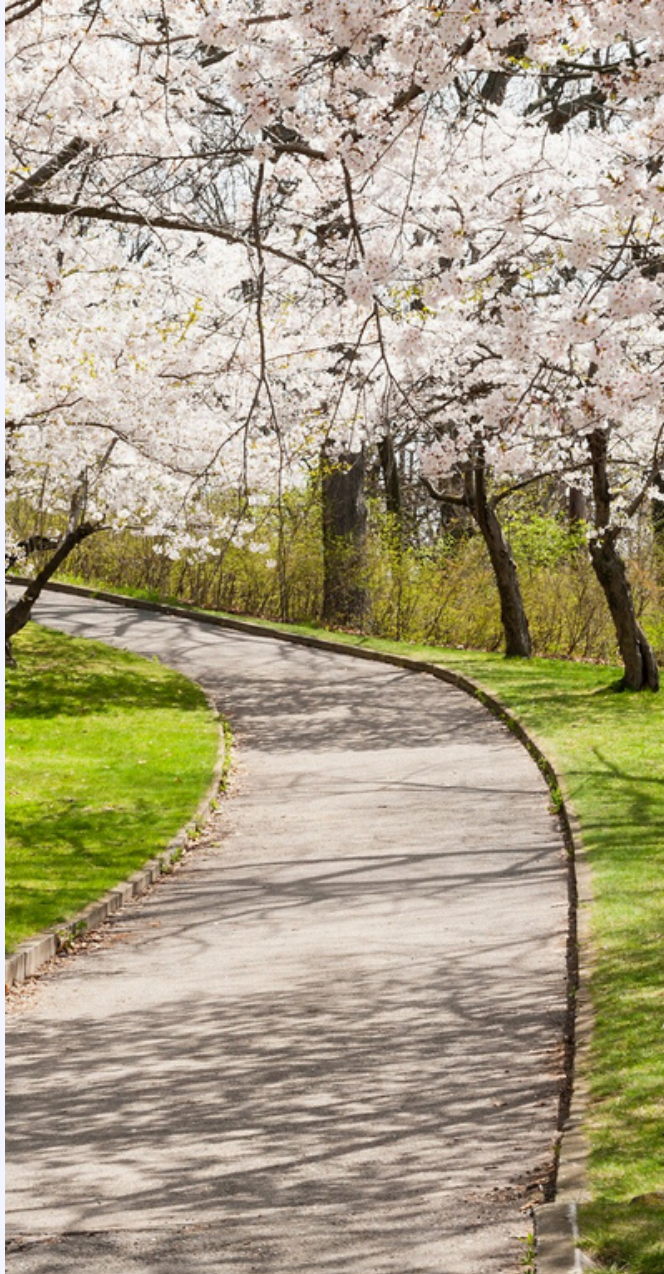
Gretchen Macy
Monica Ramsey
Maire Blankenship
Natalie Bryant
Tracy Bryant
Audra Coil
Kristina Harvey
Julie Jones
Nadia Khan
Tracy Lane
Anthony Mancini
Brian Myers
Jenni Wilson

Spring 2026

Welcome to the Spring 2026 edition of the College of Health and Human Services (CHHS) Wellness Newsletter. As dedicated faculty, staff, and students you play an essential role in supporting the mission of CHHS.

This publication is designed to provide you with evidence-informed strategies, campus resources, and timely wellness initiatives that promote a thriving work and learning environment. Each issue highlights practical approaches to sustaining and strengthening overall wellbeing within our academic community. We hope the information offered here serves as a valuable tool in supporting your continued wellness and enhancing the vitality of our college.

- CHHS Wellness Committee



Physical Wellness

National Walking Day, celebrated annually on the first Wednesday in April, was established by the American Heart Association in 2007 to encourage people to incorporate more physical activity into their daily lives. **Walking** is one of the most accessible forms of exercise, offering **substantial health benefits** with minimal barriers. Research shows that regular walking **supports cardiovascular health, lowers the risk of heart disease, and improves overall circulation**. Even a daily 30-minute walk can **enhance mood, reduce stress, improve sleep quality, and support healthy weight management**. National Walking Day serves as a reminder that meaningful movement doesn't have to be complex. For more information on National Walking Day, click [here](#).

Use [this map](#) to plan a walk around campus or [click here](#) to explore walking trails in Bowling Green/Warren County.

April 2nd is National Walking Day

Emotional Wellness

April is National Stress Awareness Month

Stress is a normal part of life, but when it becomes chronic, it can take a meaningful toll on both physical and emotional well-being. **Persistent stress activates the body's "fight-or-flight" response**, increasing cortisol levels and placing strain on the cardiovascular system. Over time, this can contribute to **headaches, sleep problems, weakened immunity, high blood pressure, and digestive issues**. Stress also affects **mood and cognition, making focus, memory, and emotional regulation more difficult**. Building small daily habits such as **movement, deep breathing, social connection, and rest** can help buffer the effects and support long-term health. Click [here](#) for additional information about the impacts of stress and ways to reduce it.

