

Wellness Resource Room



UCCOM Student Wellness

UCCOM Wellness Resource Room

- Located near the R & R in room E 501
- Book appointments in 15, 30, 45 or 60 minute slots
- Book at:
[Ucom_wellness.youcanbook.me](https://ucom_wellness.youcanbook.me)
- Link on MOS, “Other Resources”
- Open Mon-Fri 8am-5pm
- Individual appointments only
- Slide the sign from “Vacant” to “In Use”
- Be sure to leave door unlocked when you leave
- Take off your shoes while in the room



Massage Chair

- Sore muscle relief
- Stress therapy
- Back wellness
- Customized settings
- Relaxing water feature
- Ambient light



Other Resources

- Yoga Mat
- Meditation Cushions
- Art Therapy
- Aromatherapy
- Light Therapy



Light Therapy

- Designed to bring spring and summer outdoor light levels into your space
- Most effective when used 20-30 minutes daily
- Should be positioned 17 inches away from you
- Do not stare into the light but can glance at it periodically
- Ideal for using while completing biofeedback programs
- May help to improve mood, particularly in winter months



Biofeedback Programs

- Log onto computer using 6 +2
- Select from five biofeedback programs loaded on the desktop
- Biofeedback device clips to your earlobe and gives you visual display of breath patterns and heart rate
- Biofeedback programs are designed to help build meditation skills, increase relaxation skills, improve mental focus and concentration

