

# WISLI WELLNESS WORKSHEET: PREPARATION FOR INTENSIVE LANGUAGE LEARNING

## STAYING WELL DURING INTENSIVE COURSES

It is important to take care of yourself to get the maximum benefit and enjoyment from the summer program. Your instructors, WISLI staff, and UW-Madison are here to support you as you pursue your language learning goals. This wellness worksheet provides links to resources and a reflection exercise to help you plan for the summer.

## WELLNESS RESOURCES AT UW-MADISON

A helpful resource is the [University Health Services \(UHS\) Wellness Programs portal](#). Programs include links to resources such as guided relaxation podcasts and online yoga courses, as well as information about a variety of wellness topics and UHS services. Information on remote health services and resources is located [here](#). Among the remote resources is a [video library](#) on various topics, including:

*Dimensions of Wellness*

*Learning and Working*

*Coping with Bias Incidents*

*Relief from Grief*

*5,4,3,2,1 Grounding Exercise*

*Remotely Re-Framing Perspectives*

*Making the Most of Your Time Outside*

*Long Distance Relationships*

*Setting Boundaries*

*Sleep Hygiene Techniques*

*Common Myths about Group Therapy*

Is there some information or support you can't find? Contact your program coordinator for help with connecting with campus resources.

Central Eurasian Studies Summer Institute (CESSI)

Intensive Summer Multilanguage Seminar (MULTI)

Middle Eastern and Mediterranean Language Institute (MEDLI)

The Scandinavian Summer Language Institute (NORD)

South Asia Summer Language Institute

Southeast Asian Studies Summer Institute (SEASSI)

Summer Intensive Portuguese Institute (SIPI)

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## QUESTIONS FOR REFLECTION – GETTING READY FOR SUMMER!

As you plan for intensive language study, think about actions you can take to help with your wellness. You are not required to share your answers. Please contact UHS if you need assistance answering any question.

- How do I take care of my wellness? What actions do I take to stay emotionally healthy?
- What changes could I make if my normal coping skills/resources are unavailable or not working?
- What activities and strategies can I try to de-stress and relax? What has worked before? What would I be interested in trying in future?
- What are things I can do to manage my screen time and avoid Zoom fatigue?
- What are ways I can safely connect with others (friends, family, classmates, etc.) to get support and discuss feelings? How will I know I need to reach out for help?
- What will I do if I notice a fellow student seems to be having a difficult time?
- What information or resources would I like to know more about for this summer?

## IN CASE OF AN EMERGENCY

This document is not intended to replace professional advice, treatment, or diagnosis. Contact a medical professional or qualified healthcare provider with questions about your health. For emergencies, call 911 in the United States or the emergency services number for your country.

- [UW-Madison Emergency Procedures Guide](#)
- UW-Madison Mental Health 24-Hour Crisis Line: 608-265-5600 (option 9) .