Wellness Services

Counseling and Wellness Center
Founders G-29
Phone: (914) 323-5155

Manhattanville College
2900 Purchase Street
Purchase, New York 10577
www.mville.edu
MASSAGE CHAIR
Relax stiff muscles and relieve aches and pains to rejuvenate the body and mind with our massage chair.

AROMATHERAPY
Aromatherapy involves the use of essential oils. It is used to improve mood, change cognitive states and can also be utilized as a supplemental medicine. Some of the mental health benefits of aromatherapy include its ability to reduce anxiety and depression, boost energy levels, eliminate headaches, improve cognitive performance, induce sleep and reduce pain.

MINDFULNESS
Mindfulness is the art of maintaining a moment-by-moment awareness of our thoughts, feelings, and bodily sensations. It has long been believed to promote health and well-being. Mindfulness involves acceptance of our thoughts and feelings without judging them.

BIOFEEDBACK
Stress has an impact on your physical and emotional well-being, affecting academic and athletic performance, relationships, attention and focus as well as other areas of life. Biofeedback can help you become more mindful of how your body responds to stressors in life. Learn how to monitor and alter physiological activity such as your heart rate, breathing, blood pressure, muscle tension and brainwaves by learning how to utilize healthier thoughts for a healthier body!

BUDDHA BOARD
The Buddha Board is inspired by the Zen idea of living in the moment. You simply paint on the surface with water and your creation will come to life in bold design. Then as the water slowly evaporates, your art will magically disappear leaving you with a clean slate and a clear mind, ready to create a whole new masterpiece.

LIGHT BOX
Light therapy is a way to treat seasonal affective disorder (SAD), a type of depression typically occurring in the fall and winter. Light therapy can alter brain chemicals linked to mood, and may also help with other types of depression, sleep disorders, and other conditions.

MEDITATION
Meditation is a narrowing of focus that allows us to shut out the external world. Rather than dwell on the past or worry about the future, it shifts our focus to the present. The goal of mediation is to slow down the incessant activity of our minds and create a state of peace.

NUTRITIONAL COUNSELING
One-on-one counseling with our registered dietitian to help you set goals to create a plan aimed at achieving a healthier lifestyle. Nutritional counseling will encourage you to adopt health habits that will enable you to reach your own personal goals. Overcoming emotional eating, achieving weight loss or weight gain, navigating the dining hall with food allergies or sensitivities are just some of the ways students can benefit from nutritional counseling.