

What's a "Health Nudge"?

A Health Nudge/Mental Health check-in: is a brief (approximately 15-30 minute) confidential conversation with a member of BSS's psychology staff. The meeting is an opportunity to discuss your own **personal** health, mental health or wellness goal(s). The content of the session varies from person to person; for guidance, some things you may want to discuss include: your health and wellness goal(s) for the year, what challenges and/or successes you've had in working toward those goal(s), and what practices you use to manage stress and reach/maintain good mental health. *NOTE: Health Nudges can be conducted by phone or video, or in-person. However brief conversations-in-passing do not qualify.*