Unplugged 2020 is an annual movement encouraging people to take a break from technology and spend time with friends and family, focusing on themselves, and finding things they enjoy. Kayla Cupples, a GVSU student, shares her experience with Unplugged and how it has helped her improve her physical, emotional, and mental wellness.

Kayla has learned that staying motivated and positive is about balance. She has freed up time to do many valuable things, and she now has a $5 discount for the GVSU Riverbank Run.

Kayla encourages anyone and everyone to join the team. By joining the GVSU team, you get a $5 discount and the opportunity to participate in National Unplugged Day, which is March 6th. She suggests visiting the Unplugged 2020 website to learn more.

Kayla advises anyone considering joining Unplugged to reflect on how much time they spend on technology and where they could incorporate more unplugged activities. She recommends starting with the resources offered at GVSU, and then finding things you enjoy. She suggests practicing unplugging during class or meetings (while doing the same), putting your devices away, and encouraging your students or colleagues to do the same.

Kayla also encourages those who are unsure where to start to simply ask a classmate or friend about their experience and find something you enjoy.

Kayla Cupples is a second-year psychology major at GVSU, and she joined the Unplugged 2020 team through the Riverbank Run. Her success story is an inspiration to others looking to improve their wellness and find balance in their lives.

Tips and resources for unplugging include:

- Communities of Practice
- Review of career portfolio, resume, CV and references
- Assessments
- Human Resources provides a range of services dedicated to helping foster and grow your career. Services include:
  - Performance management
  - Performance coaching
  - Development planning
  - Succession planning

NEW CONVENIENCE CLINIC
For the best convenience, this clinic is open to the entire GVSU community.

Taking Care of Your Health Just Got Easier

GVSU Health Services is pleased to announce the launch of our new Convenience Clinic! This clinic offers walk-in care for minor, non-emergent issues such as colds, coughs, skin rashes, and minor cuts and bruises. The clinic is located on the second floor of the Aquatic Center, and it is open Monday through Friday from 9am to 5pm.

Upcoming Events

Chasing Your Goals: How to Set
and Achieve Them

How to: Pet-Friendly Happy Hour

Upcoming Events

Register with GVSU 20race
20team

If you need additional information about the Convenience Clinic, please contact the GVSU Health Services office at 616-331-2500.