

Randolph Thrive partners with the WildCat Wellness Council and the Health and Counseling Center to provide resources and opportunities to enhance the Randolph experience.



Photo Credit: Riley Lorson '21

Spending just a small amount of time immersed in nature can be beneficial for mental health!* Randolph Thrive helps students to experience these benefits by spending time in our designated Randolph Thrive spaces. Each Randolph Thrive space is designed to promote well-being and stress reduction. To learn more, visit one of the Randolph Thrive spaces on our map or check out our website.

*Disclaimer: Randolph Thrive is not a replacement for medication or for treatment provided by trained and licensed professionals.



Photo Credit: Randolph College Instagram

Randolph Thrive is a collaborative project created by Madeline Owens '20, Riley Lorson '21, Abby Whitlock '23, and Sarah Greene '24 under the supervision of Karin Warren and Allison Brooks. Our success was made possible with the support of the Environment Club, Environmental Studies and Sciences Department, Lipscomb Library, Sustainability Council, Health and Counseling Center, and WildCat Wellness Council.



For More Information Contact:

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Visit Our Website:

<http://environment.go.randolphcollege.edu/environmental-studies-science/randolph-thrive/>



Photo Credit: Randolph College Instagram

RANDOLPH THRIVE

“Promoting healthy minds and lifestyles through nature.”



Photo Credit: Riley Lorson '21



**RANDOLPH
COLLEGE**



Randolph Thrive Spaces:

1. Lipscomb Library Thrive Room
 - This room is open during the operating hours of the Lipscomb Library. Located upstairs in Video Room 1, it can be accessed by the staircases in the North and South Wings.
2. Dorothy Crandall Bliss Botanic Garden
 - Located in between the Lipscomb Library and Martin Science Building, the Botanical Garden can be accessed from the Norfolk Ave. entrance or the staircase beside the library.
3. Pollinator Garden
 - The pollinator garden can be found on the lawn in front of Martin Science Building.
4. William W. Smith Hall Green Space
 - Located on the front lawn of Smith Hall Memorial Building by the red brick wall.
5. Picnic Area & Labyrinth
 - Staircases by the Health Center and Chapel lead to these areas.
6. Mabel K. Whiteside Greek Theater (The Dell)
 - Can be accessed by the path outside Bell Hall and beside the Chapel (on the parking lot side).
7. Organic Garden
 - Located beside the museum and the restrooms at WildCat Stadium.

Some Things To Do:

- Breathing exercises
- Yoga
- Enjoy the clouds
- Meditate
- Watch the sun rise or set
- Observe nature
- Use your senses!
- Connect with the outdoors
- Relax! (Do nothing)