



**KENNESAW STATE
UNIVERSITY**
DIVISION OF STUDENT AFFAIRS

HEALTH & WELL-BEING

January Celebrates Mental Wellness Month



IN THIS ISSUE

PAGE 2

Introducing
Wellbeing@Kennesaw

PAGE 3

Peer-to-Peer Coaching

PAGE 4

Events Calendar
FREE HIV Testing

PAGE 5

Community Campfire
Mental Health Workshops

PAGE 6

Healthy Eating in 2021
Red Beans & Rice Recipe

PAGE 7

Nature Bound Meet-Ups
Club Sport Virtual
Recruitment

PAGE 8

KSU Counseling
Resources

Health & Well-Being Initiatives at KSU

At Kennesaw State University, we believe providing access to mental health support services and resources is a campus-wide responsibility. We understand the importance of providing a safe environment, particularly during the pandemic. That's why we are striving to ensure KSU remains a healthy and supportive community.

In August, Governor Brian Kemp announced Georgia allocated \$11.5 million of the Governor's Emergency Education Relief (GEER) funding, set aside by the federal CARES Act, to support mental health and student support services within the University System of Georgia (USG). These funds will pay for the expansion of services through three initiatives:

- JED Campus is an initiative designed to guide KSU through a collaborative strategic planning process to build upon existing student mental health, substance misuse, and suicide prevention efforts.
- Christie Campus Health's Wellbeing@KENNESAW program will expand access to behavioral health resources for students both on and off-campus.
- Mini-grants for KSU that have the potential to expand access to mental health and wellbeing through a student to student wellness peer mentor program and mental health training for faculty, staff, and students.

The following articles in this newsletter will tell you more about these health and well-being initiatives at KSU.

Introducing Wellbeing@Kennesaw

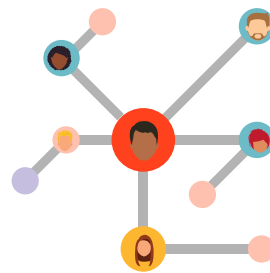
We have seen your remarkable resilience during the COVID-19 pandemic, and we have also heard your request for more mental health services on campus. We are excited to tell you about new resources that will be available to KSU students.

We have launched Wellbeing@Kennesaw on our campus through a University System of Georgia partnership with Christie Campus Health, as an innovative way to enhance our mental health services and support your success.

Additional and enhanced mental health support services will begin early this semester and will provide all Kennesaw State University students with access to the following:



24/7/365 Mental health support line
470-578-6600



Telehealth or in-person treatment options

More information on Wellbeing@Kennesaw coming soon!



Personal Student Navigators



Wellbeing@Kennesaw



Expanded on-line resources.



Expanded access to Psychiatric Services



Online Wellness Hub

Peer-to-Peer: Improving well-being through connection.

Those of us who work in student affairs, especially those who work in units focused on health and well-being, have long known that helping students get connected to campus and their peers are one of the best predictors of success and graduating as an Owl. To help students connect, the Division of Student Affairs is piloting a peer-to-peer coaching and mentoring program to student access in a more accessible location within the Carmichael Student Center later this semester. Our hope is that centralizing the service and having a more accessible space will increase helpfulness and utilization.



Wellness peer mentors will be trained on a wide variety of helping skills that will prepare them to support students struggling with some of the top impediments to mental health and well-being on campus. They will also be trained to see student wellness from a holistic perspective and armed with specific knowledge and skills for providing support such as motivational interviewing, active listening, goal setting, accountability, cultural competence, and skills assessment to address topics including:



Stress



Lack of motivation



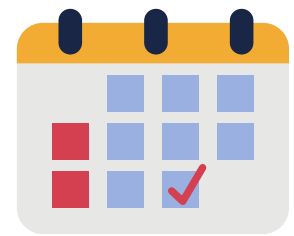
Loneliness



Sleep



Isolation



Making & keeping a schedule



Study skills



Relaxation strategies



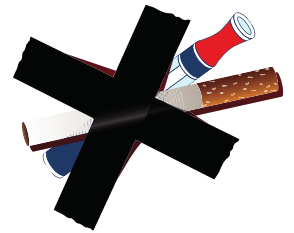
Healthy eating



Physical activity



Substance misuse



Nicotine cessation

Wellness peer mentoring will be offered in various ways, including virtual, in-person, walk-up, and scheduled meetings. Please stay tuned for additional details and ways that you can get connected. If you want to become a wellness peer mentor or like to learn more about the program, please email wellctr@kennesaw.edu.

HEALTHY HAPPENINGS



Free, Confidential HIV & Hepatitis C Testing

Get Yourself Tested! The CDC recommends that everyone gets tested for HIV at least once as part of routine health care. About 1 in 7 people in the United States who have HIV do not know they have it. **FREE** and confidential rapid HIV and Hepatitis C testing on Tuesday, January 26 from 11 am - 3 pm, in the Student Recreation and Activities Center room 1220. **Book your appointment online** or call 470-578-6394

INTERESTED IN BECOMING A

PEER HEALTH EDUCATOR?

Are you passionate about health?

Apply to become a Peer Health OWL now!

Peer Health Outreach and Wellness Leader (OWL) is a student trained and certified in developing, implementing, and evaluating health education programs for his/her peers.

The Peer Health OWLs provide FUN interactive programs for students in classroom settings, fraternities, sororities, on-campus housing, student groups/organizations, and health promotion campaigns on campus.

On Campus Events

Community Campfire

Thurs. Jan. 14,
11 am- 2 pm

Outside Outdoor Adventure
SRAC*

HIV and Hepatitis C Testing

Reservations Required.

Call 470-578-6394

Tues. Jan. 26, 11 am-3 pm
SRAC* 1220

Naloxone Training

Reservations Required

Wed. Jan. 20, 5 - 6 pm
CYAAR -University Village
6000 Building

Online Events

Visit OwlLife for event
registration

Managing Anxiety and Depression Workshop

Wed. Jan. 20,
1 pm

Tues. Jan. 26,
2 pm

Fri. Jan. 29,
1 pm

So You Think You Can't PASS?

Time Management
Thurs. Jan. 21,
2 pm

Procrastination
Wed. Jan. 27,
1 pm

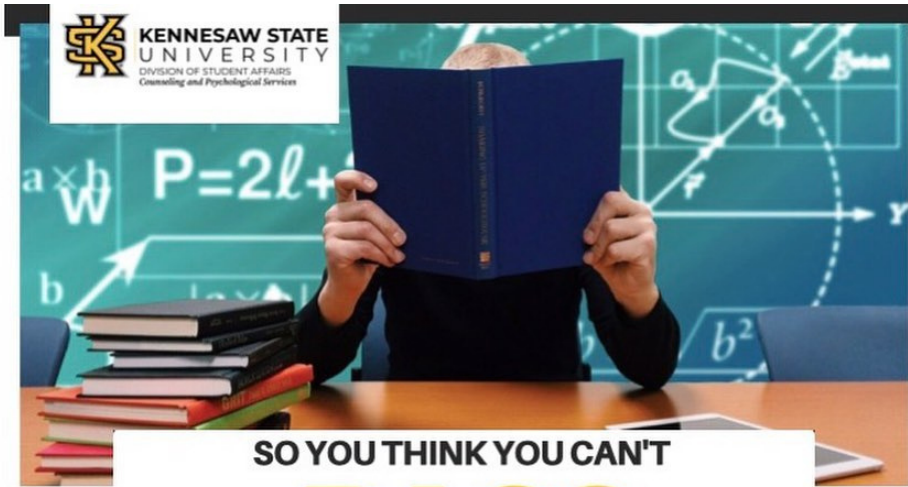
Yoga For Recovery

Wed. Jan. 13,
3:30 pm

Wed. Jan. 20,
3:30 pm

Wed. Jan. 27,
3:30 pm

MENTAL HEALTH



SO YOU THINK YOU CAN'T

PASS

So, you think you can't pass? Learn time management and ways to avoid procrastination from Counseling and Psychological Services. The 50-minute workshops are hosted on Microsoft Teams. Make sure to RSVP on OwlLife beforehand!

 **KENNESAW STATE UNIVERSITY**
DIVISION OF STUDENT AFFAIRS
Counseling and Psychological Services

MANAGING ANXIETY AND DEPRESSION DURING COVID-19
A VIRTUAL WORKSHOP

counseling.kennesaw.edu
WORKSHOPS AND PROGRAMS
or visit us on OwlLife

COVID-19 has caused many students to worry. CPS wants to help students manage their anxiety before it becomes problematic.

See the events calendar on page 4 for workshop dates.

[Click here to subscribe to receive the newsletter in your email.](#)

Community Campfire



Enjoy community and a campfire on your way to class. Outdoor Adventures & Health Promotion and Wellness are welcoming you back to campus with a warm fire, refreshments, and updates about upcoming events.

As you stay warm around the fire, receive self-care supplies to help prevent burnout during the semester!

Find us outside Outdoor Adventures near SRAC on Thur, January 14 from 10 am - 2 pm.

TAKE SURVEY

We Want To Hear From You!

The Recreation & Wellness Center will be undergoing a small renovation project and the Department of Sports and Recreation would like to get feedback from students. Your feedback will contribute to the project goals of expanding the program offerings in the facility and prioritizing the types of activities that are available.

NUTRITION

Healthy Eating in 2021

A turbulent 2020 led many students to focus on their health and making resolutions to eat more healthfully in 2021. Before the semester begins in earnest, take a moment to reevaluate your nutrition goals by using the following suggestions from the Academy of Nutrition and Dietetics. Having a solid plan can help you win small victories that can lead to significant changes!

Start by Assessing Your Food Choices and Lifestyle

Keep track of what you eat and drink and how much physical activity you get so you can identify behaviors you would like to change.

One Large Goal Can Seem Overwhelming

Break big goals into smaller, more specific goals and include a list of realistic changes in your daily routine to achieve these particular goals. For instance, divide big and vague goals like "I will eat better" into smaller, more specific goals like "I will eat one more piece of fruit per day." Remember, while your goals should be challenging, they should also be reachable.

Make Sure the Goals You Set are Measurable

The goals must provide answers to "How much?" or "How many?" so you can easily review and track your progress. Evaluate your progress every week or two, and update your plan based upon your current progress or circumstances. Ensure you are giving yourself enough time to achieve each smaller goal, so you are not discouraged if you haven't met them.

Seek Help from a Qualified Health Professional

A registered dietitian is your best source of reliable and up-to-date food and nutrition information. A dietitian can also help you determine measurable and achievable goals, as well as a plan to help you achieve them and support you along the way.



Cooking Corner

Come sample this recipe at our recipe tasting on February 10 & 11!



RED BEANS AND RICE

Ingredients

- Uncooked rice
- 1 tablespoon olive oil
- 1 pound turkey sausage
- 1 onion, chopped
- 1 green bell pepper, chopped
- 3 stalks of celery, chopped
- 2 garlic cloves, minced
- 1 teaspoon cayenne pepper
- 2 sprigs fresh thyme
- 2 teaspoons hot sauce
- 1 teaspoon dried oregano
- (2) 16 ounce cans red beans, drained and rinsed
- Salt and pepper to taste
- Green onion (optional)

Directions

1. Cook rice according to directions on box. Fluff, cover, and set aside.
2. In medium pot, heat oil and cook sausage until lightly browned.
3. Add onion, bell pepper, and celery. Cook until slightly softened, about 4 minutes.
4. Add garlic and cook until fragrant.
5. Add cayenne, thyme, hot sauce, oregano, and beans. Stir well.
6. Simmer for 10 minutes or until beans are fully heated.
7. Season with salt and pepper.
8. Spoon over rice. Garnish with green onions (optional) and ENJOY!

Scan for
recipe video!



COOK TIME: 35 MINUTES
SERVINGS: 4 SERVINGS
SOURCE: DELISH

FITNESS



Nature Bound Meet-Ups

Nature Bound is excited to provide Meet-Up style adventures for Spring 2021. Meet-Up adventures will allow for social distancing during activities. All participants will provide their own transportation to a nearby location. Trip Leaders will meet you there in a KSU vehicle and will provide necessary equipment such as paddle boards or bikes. To participate in a Meet-Up, you must register in advance at mysportsrec.kennesaw.edu.



OwlFit Small Groups

Achieving real fitness results can be challenging, but the best part is you don't have to journey alone. OwlFit's Small Groups offer you the unique opportunity to reach your health and fitness goals with the support of a Transformation Coach and small group community. To provide you the best options that fit your needs we are offering our small groups in-person or online. The first set of small groups will be held February 1 - 26. Choose from Core & Flex, Body Shred Boot Camp, and Small Group Personal Training. Registration opens January 11. Register by January 22 to save with early bird pricing! Visit sportsrec.kennesaw.edu/owlfit for full descriptions and details!

CLUB SPORTS VIRTUAL RECRUITMENT

JANUARY 11-22



Looking to continue to play a sport you love or looking to try something new in a team-like atmosphere? Club Sports is a great opportunity to make new friends and stay active! With over 30 active club sports teams, there is something for everyone! Club teams will host recruitment events - virtual meeting links, dates, and times for each club will be provided on the [Sports and Recreation Virtual Programs webpage](#). Don't see a time listed for a club you are interested in? Send an email to get more information to clubsports@kennesaw.edu.



Swim Lessons

Learn a new skill in 2021 with Swim Lessons - available in group and private formats. Beginner and intermediate options available to meet your needs. Visit mysportsrec.kennesaw.edu to learn more and get registered!

KSU VIRTUAL COUNSELING

Please note, per Georgia Law, students who are under the age of 18 will need parent or guardian consent to receive counseling services.



NUTRITION COUNSELING

To help KSU students improve their health and well-being, Health Promotion and Wellness offers individual counseling with a Registered Dietitian to address nutrition-related questions and concerns. Currently, counseling services are offered via video conferencing using Microsoft Teams and is available to all KSU students living in state.

Interested students can self-schedule a nutrition screening appointment by visiting the [Health Promotion and Wellness Patient Portal](#). For more information, visit [Health Promotion and Wellness/Programs and Services/Nutrition Services](#).



COUNSELING AND PSYCHOLOGICAL SERVICES

The staff of Counseling and Psychological Services (CPS) are here to help with all the struggles and challenges that come with college, including those that have been exacerbated by COVID-19. We know that the changes to our daily lives have had a necessary impact on all of our mental health. Increased uncertainty, loss of routines and support, and general disruption of our typical ways of navigating the world all add weight to our baseline level of functioning. These challenges can increase anxiety, depression, and interpersonal conflict, but they can also offer us the chance to examine our behaviors and practice new ways of being. We recommend the following to help students gain a sense of control and direction: Follow the safety guidelines; create a routine that works for you and keep it; set priorities and focus on these; stay connected to your support system; balance time spent on social media or other mediums that cause distress. Finally, make self-care a necessity; this includes protecting your sleep, putting good things in your body, and being active. All CPS services are available and being delivered via tele-mental health, and you can learn more at counseling.kennesaw.edu.

RECOVERY COUNSELING

The Center for Young Adult Addiction and Recovery offers counseling services for students in recovery and to those recovery curious students struggling with substance misuse and process dependency (gambling, eating disorders, gaming). We allow students to explore change. For additional information, please email recovery@kennesaw.edu.

CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY MEETINGS

The CYAAR is hosting virtual Alcoholics Anonymous meetings on Tuesdays at 12:30 pm [Click here for Zoom Meeting](#).

The CYAAR is hosting an in-person Eating Disorders Anonymous meeting every Wednesday at 7 pm, at University Village, Building 6000, UV6138. Social distancing and masks required. Contact Tina at cmartell@students.kennesaw.edu for questions.

Follow on Social!

Counseling and Psychological Services



Center for Young Adult Addiction and Recovery



Sports & Recreation



Health Promotion & Wellness



KENNESAW STATE UNIVERSITY

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For the latest COVID-19 updates visit: <https://coronavirus.kennesaw.edu/>

SUGGESTION BOX

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls wellctr@kennesaw.edu.