



KENNESAW STATE  
UNIVERSITY  
DIVISION OF STUDENT AFFAIRS

# HEALTH & WELL-BEING

March Celebrates:  
National Nutrition Month  
National Sleep Awareness Month



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## What is Sleep Hygiene?

by David Kim, Intern, Health Promotion and Wellness

Students in America get less than seven hours of sleep on average. This lack of sleep impacts their health and their academic success. Sleep hygiene, also known as sleeping habits, are behaviors that students can take during the day and before bedtime that impacts their level of sleep. Another definition of sleep hygiene is all the habits, rituals, norms, and behaviors related to sleep. Daily routines such as what you eat, drink, medications you take, specific routines, and how you spend your evenings all impact your sleep quality. By practicing healthy sleeping habits, students can boost their academic performance. Healthy sleep hygiene is a core component for preventing insomnia and other psychological issues.

How to get better sleep hygiene

Good sleep hygiene looks like any other healthy routine. Students should turn off the lights and devices an hour before bedtime to adjust their circadian rhythm.

(continued on page 2)



# WHAT IS SLEEP HYGIENE? (CONT)

by David Kim, Intern, Health Promotion and Wellness

They should try a warm shower or bath and other hygienic activities like brushing their teeth before bedtime. Good sleep hygiene isn't all about what happens at nighttime. What you do during the day can tremendously impact your sleep at night. Watch out for drinking caffeine too late during the day. Participating in physical activity and taking power naps can also benefit you before getting to bed in the evening. Creating a daily routine to sleep can help students fall asleep quicker and wake up feeling refreshed.

***"Good sleep hygiene isn't all about what happens at nighttime."***



Tips for improving sleep hygiene:

- Turn off digital devices an hour before bedtime
- Make sure it's dark
- Keep your sleeping environment cool
- Watch what you eat and drink during the day and close to bedtime
- Try to wake up at the same time every day
- Establish a bedtime routine
- Avoid afternoon caffeine
- Take naps (but limit them)
- Don't fall asleep with the TV on
- Practice meditation
- Be physically active
- Reduce alcohol consumption
- Restrict in-bed activities
- Don't dine too late
- Try aromatherapy
- Listen to soft music
- Try breathing exercises

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.

# HEALTHY HAPPENINGS MARCH CALENDAR



#OwlSeeYouThere

Join us around campus and online for these great events. Please remember your KSU ID and your face covering.

## On Campus Events

### Ask the RD

Tues. March 2,  
The Commons - Kennesaw  
12-2 pm

Thurs. March 4,  
Stingers - Marietta  
12-2 pm

### Safe Spring Break Party

Wed. March 3,  
Stingers Walkway - Marietta  
2-4 pm

Thurs. March 4,  
Campus Green- Kennesaw  
2-4 pm

### Wellness on Wheels:

#### Sleep Hygiene

Tue. March 16,  
10 am-12 pm  
Atrium (J Building) - Marietta

Thurs. March 25,  
1-3 pm  
Campus Green - Kennesaw

### HIV and Hepatitis C Testing

Reservations Required.  
Call 470-578-6394

Tues, March 23 11 am-3 pm  
SRAC\* 1220 - Kennesaw

### Art4Healing

Reservations Required  
Fri, March 26, 12:30-2:30 pm  
Register on Owl Life for event  
location

## On Campus Events Recipe Tastings:

Kennesaw Campus Green  
(Rain location SRAC\* room 1220)

### Wok this Way!

#### Ramen Chow Mein

Wed. March 17,  
12 pm

Thurs. March 18,  
12 pm

#### Cool Bean Sliders Black Bean Sliders

Wed. March 31,  
12 pm

Thurs. April 1,  
12 pm

### Recovery Ally Training

Mon. March 1,  
12-1:15 pm  
CYAAR - University Village 6000  
Building

Thur. March 18,  
10:30 am-11:45 am  
Marietta Student Center - A215

### Naloxone Training

Reservations Required  
Tues, March 2, 4-5 pm  
CYAAR - University Village 6000  
Building

Wed. March 17, 4-5 pm  
Marietta Student Center Room 216



## Online Events

Visit OwlLife for event registration

### So you think you can't

#### PASS?

Test Anxiety  
Wed. March 3,  
3 pm

#### Procrastination

Tues. March 16,  
2 pm

#### Time Management

Wed. March 24,  
1 pm

### Managing Anxiety & Depression Workshop

Mon. March 1,  
2 pm

Thurs. March 4,  
12 pm

Tues. March 16,  
1 pm

Wed. March 17,  
11 am

Wed. March 24,  
11 am

Thurs. March 25,  
4 pm

Tues. March 30,  
1 pm

### Yoga For Recovery

Online at 3:30 pm  
Wed. March 3,

Wed. March 17,

Wed. March 24,

Wed. March 31,

### Intramural Sports Trivia

Online from 7-8 pm  
Wed. March 3,

Wed. March 17

Wed. March 31,

[Click here for trivia!](#)

# HEALTHY HAPPENINGS



## Wellness Peer Mentoring

Wellness Peer Mentoring is provided by fellow students who have been trained to provide general guidance, support, empathy, and practical strategies in helping peers through one-on-one meetings. While their guidance will provide support and education, it is not a substitute for medical or psychological treatment. Therefore, Wellness Peer Mentors will refer you to on-campus resources for assistance on matters beyond their training.

Wellness Peer Mentors look forward to assisting you on your journey to achieving your mental health and wellness goals. Wellness peer mentoring will be offered virtually and in-person. If you want to become a wellness peer mentor or like to learn more about the program, please email [wellbeing@kennesaw.edu](mailto:wellbeing@kennesaw.edu).

To schedule an appointment, please visit <https://tinyurl.com/wellnesspeermentors>



It's time for March Madness! Join in the fun with OwlFit's March Madness Fitness Challenge. This month-long challenge will push you to the limits, and help you take your fitness to the next level! Compete to earn points and win great prizes by engaging in various physical activity challenges and events. The more points you score the better your chances of making it to the Final Four and receiving one of our special bonus prizes.

A special grand prize will be awarded to the overall March Madness Champion!

Register by March 5!

[Register here](#)

# OwlFit

## Outdoors

Wednesday, March 31

HIIT 12 pm    Yoga 1 pm

OwlFit is taking some of our favorite classes out to the Campus Green with OwlFit Outdoors!

Wednesday, March 31

12 pm HIIT

1 pm Yoga

Social distancing will be in effect to ensure your safety. Pre-registration is required. Classes will be 45 minutes.

Register Here:

[OwlFit Program Registration](#)

## HOOTY HOO!

### Send your Owl a 21st Birthday Card

Send a 21st birthday card to a fellow KSU Owl to celebrate this milestone and share tips to reduce risky drinking and behaviors associated with these celebrations.

In collaboration with Parent and Family Programs, Health Promotion and Wellness will send a birthday card that informs and encourages students to consider protective strategies such as:

- Planning a safe way home or designating a sober driver
- Eating a meal before going out
- Pacing drinks to no more than one drink per hour
- How to intervene to help a friend or call 911 if necessary

Family or friends may include a personalized message in the birthday card. Honeysuckle Biscuits and Bakery located in downtown Kennesaw has donated a free biscuit coupon that will be included with the card. The birthday card is delivered the week of the student's birthday.

[Request a 21st birthday care here!](#)

# NUTRITION

## Eating Your ABCs & More



Good health starts with good nutrition! Eating a well-balanced diet rich in fruits, vegetables, whole grains, low-fat protein, and dairy is the best way to get a mix of the vitamins and minerals that keeps your body **STRONG** and **HEALTHY**. Meeting your daily micronutrient requirements from your meals is easier when your diet is broad and varied. Consider adding these great foods to your daily intake to give your body what it needs to perform at its best!

- **B Vitamins:** dairy products, grains/cereals, meat, poultry, fish, eggs, broccoli, avocados, legumes, soy products
- **Vitamin C:** citrus, bell peppers, spinach, strawberries, tomatoes
- **Vitamin A:** beef, liver, eggs, shrimp, fish, fortified milk, sweet potatoes, carrots
- **Vitamin D:** fortified milk and cereals, fatty fish
- **Vitamin E:** vegetable oils, leafy green vegetables, whole grains, nuts
- **Vitamin K:** cabbage, eggs, milk, spinach, broccoli, kale
- **Calcium:** yogurt, cheese, milk, salmon, leafy green vegetables
- **Potassium:** meat, milk, fruits, vegetables, grains, legumes
- **Iron:** red meat, poultry, eggs, fruits, green vegetables, fortified bread
- **Zinc:** meat, shellfish, legumes, whole grains

## Cooking Corner

*Come sample this recipe at our recipe tasting on March 17 & 18!*



### CHICKEN RAMEN NOODLE CHOW MEIN

#### Sauce

- 1.5 tablespoons soy sauce
- 1.5 tablespoons oyster sauce
- 1 tablespoon mirin (or rice wine vinegar and 1 teaspoon sugar)
- 2 teaspoons sesame oil

#### Ingredients

- 1 tablespoon oil
- 2 garlic cloves, minced
- 7 oz. chicken, sliced into strips
- 7 oz. shredded coleslaw mix
- 1 cup water
- 2 ramen noodle packets
- 1 cup thinly sliced celery
- 3 stalks green onions, cut into 2 inch pieces

#### Directions

1. In small bowl, combine all sauce ingredients. Set aside.
2. Heat oil in a large skillet over high heat. Add garlic. Cook 10 seconds.
3. Add chicken. Cook until mostly white.
4. Add prepared sauce. Cook 1 minute.
5. Add coleslaw mix, celery, and white part of green onions. Cook 1.5 minutes until vegetables wilt. Push mixture to sides of pan, making a well in the center.
6. Add water to well. Add uncooked ramen noodles to water and simmer for 45 seconds. Flip noodles over and cook for additional 30 seconds.
7. Loosen cooked noodles and add the remaining green onion. Toss well.
8. Serve & ENJOY!

Scan for recipe video!



COOK TIME: 15 MINUTES  
SERVINGS: 2 SERVINGS  
SOURCE: RECIPETINEATS



# Food and a Joyful Mood

Did you know your food choices can contribute to mood changes?

Depression or low mood can increase or decrease appetite, lead to over-eating for emotional comfort, or feeling too tired to plan and fix healthy meals and snacks. Both over- and under-eating can lead to poor nutritional status, which can affect mental health. Imbalances of carbohydrates, protein, and fat are linked to depression. Vitamins and minerals play an important role in all our body's cells communicating with each other, including the cells of our brain and nervous system. Studies have shown that consuming mostly natural, unprocessed foods, low in sugar, and balanced with a variety of foods is associated with lower risks of depression.



## Nourish yourself throughout the day

- **Plan your day and your food:** Aim to plan regular meals and snacks 3-5 hours apart every day.
- **Loss of Appetite:** Consider small, more frequent meals or snacks. Also, plan for foods enjoyed with varied color, texture, and flavor. Social settings may also be helpful to improve meal or snack consumption.
- **Increased Appetite:** Take your time, at least 20-30 minutes, to finish meals. Take your time to enjoy the tastes, textures, and aromas of your foods. Choose low-calorie, high fiber foods such as whole grains, fruits, and veggies. Opt to drink water or other unsweetened beverages.
- **Choose a Variety of Protein:** Mix it up! Use a variety of proteins to boost your energy and mood. Fish, poultry, eggs, lean beef or pork, dried beans/lentils, quinoa, dairy, tofu, edamame, hemp seed, pumpkin seed, rice, oat, and buckwheat are all great sources of animal and plant-based proteins.
- **Remember the Healthy Fats:** Fatty acids are important parts of the brain and nervous system. Sources of Omega 3 Fatty Acids are salmon, albacore tuna, sardines/anchovies, avocado, almonds, walnuts, ground flaxseed, olive, and canola oils. Include regular, moderate amounts of healthy fats with your food choices.

## Strive to have a happy, healthy gut

Your nervous system acts as a superhighway connecting your brain and gut, also known as the “gut-brain axis.” Eating fiber-rich foods such as whole grains, a variety of fruits and vegetables (think lots of colors!), foods high in omega 3 fatty acids (fish, nuts, seeds, some fortified eggs, avocado, olive/canola/flaxseed oils, and fermented foods (yogurt, kefir, kombucha, miso, tempeh, sauerkraut, kimchi) helps to reduce inflammation and contributes to the production of neurotransmitters, which are chemicals used in the brain that may improve cognition, reduce stress, and lower risks of depression. A happy gut can contribute to overall improved health!

# FITNESS



## Outdoor Adventure Clinics

Sharpen your outdoor skills with Outdoor Adventures staff members! You'll get a hands-on experience in a small group environment.

**March 24 at 2 PM Knot Tying** (SRAC, Kennesaw Campus) Learn how to tie a new knot or two! This is a skill that is always nice to have on hand!

**March 29 at 2 PM Hammocking 101** (Marietta Campus Disc Golf Course) You've probably seen other KSU students relaxing in hammocks across campus - want to join in on the relaxing activity? You'll learn tips on setting up these hammocks properly and maybe even score a quick nap!



## Women's Climbing Nights

March 3

Join the gal's for Women's Climbing Nights from 4:00 pm-6:00 p.m in the Student Recreation and Activities Center Climbing Gym. All levels are welcome to join! Shoes, chalk, and harness rentals are complimentary for women's night. We will have extra female staff to help belay and provide any climbing instruction/assistance. \*The gym will only be available for women during Women's night.



## Climb Craze Competition

March 1 - 30

Engage in some friendly competition at the Climbing Gym throughout the month of March! Climb as hard as you can, and earn points in the categories of bouldering, top rope, or lead. Climbers will receive a scorecard at the beginning of the month to track their climbs. The climber's top 10 scores in each category will count as their total score. Scorecards are due by March 30th.

## Campus Tour Bike Rides

March 2, March 16

Join Outdoor Adventures for a tour of our beautiful campus from the seat of a bicycle. Learn about the history of KSU while enjoying getting outside and being active. Bikes and helmets will be provided to those who pre-register.

# MENTAL HEALTH



University life can present many challenges. Good mental health and wellbeing are the foundation for your success in college. Being proactive, advocating for what you need, and taking steps to build your personal resiliency is easier than ever. Wellbeing@KSU is here to support you accomplish your goals in a host of different ways.

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@KSU 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.

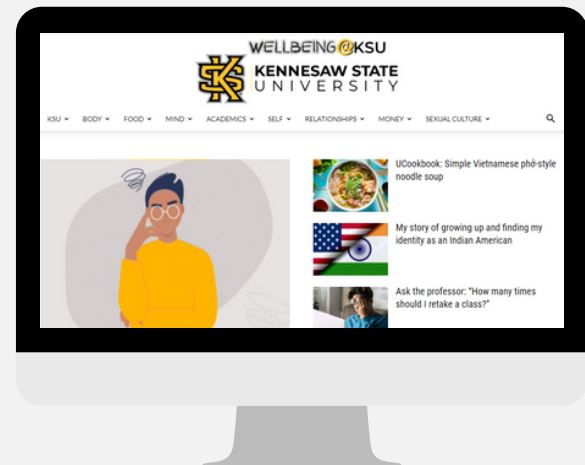
## 24/7 Mental Health Support

For everything you need to find your support, Wellbeing@KSU is here to support you with flexible options and tools to help lift you mentally and emotionally. Speak with an experienced clinician, get a referral for one-to-one counseling, access to free counseling sessions, and even schedule an appointment with a local or video counselor. To get started, call 470-578-6600 and select Option 2 to be connected to a licensed master's level mental health clinician, available 24/7/365.

All services offered through Wellbeing@KSU are confidential. No information will be shared without your consent.

Follow  
**@WellbeingatKSU** on  
Social Media

You'll find motivational posts, wellness tips, mental health advice, student features, and more.



Visit  
**[ksuwellnesshub.com](https://ksuwellnesshub.com)**



470-578-6600  
Option 2



# 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](https://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](mailto:recovery@kennesaw.edu).

## CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY MEETINGS

Virtual Alcoholics Anonymous meetings every Tuesday at 12:30 pm.

[Click here for Zoom Meeting.](#)

HYBRID: In-person or virtual 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](mailto:cmartell@students.kennesaw.edu) for questions.

[Click here for Zoom Meeting.](#)

## Follow on Social!

Counseling and Psychological Services



Center for Young Adult Addiction and Recovery



Sports & Recreation



Health Promotion & Wellness



Wellbeing@KSU



KENNESAW STATE UNIVERSITY

DIVISION OF STUDENT AFFAIRS

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](mailto:wellctr@kennesaw.edu).