



HEALTH & WELL-BEING

KENNESAW STATE UNIVERSITY

DIVISION OF STUDENT AFFAIRS

Weekly Virtual Programs, Tips, and Resources

Vol 1 Issue 3

April 13, 2020



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HEALTHY HAPPENINGS

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Changing Times

from Teresa Johnston, Interim Assistant Vice President

There is no frame of reference for managing schedules, study, and living during a pandemic. There are, however, principals, values, and community standards that guide our vision and mission. For example, at the Center for Young Adult Addiction and Recovery, programming is built on the bedrock of health, well-being, and recovery. Students in recovery from substance use disorders, eating disorders, and other process addictions understand what it means to be in community and to stay connected with one another at critical, stressful, and wonderful moments in their lives. The behaviors, feelings, and thoughts that often accompany early recovery force them to reach out in the community and to make connections that help break old patterns and move towards health and wellness.

This pandemic is forcing a change in all of our lives as organizations, leaders, families, and individuals, compelling us to change our perceptions and our world view to survive a threat never before confronted. Much like the individual in recovery who is forced to change to survive, the daily choice becomes 'what will I do today to protect my recovery?' This mantra easily translates to us all as 'what will I do today to protect my health and the community?'

The Kennesaw State University community is made up of individual "Owls" who, when banded together, are known as a parliament because of their wise disposition. During this time, be wise, be safe, and be strong.



This newsletter is brought to you by



KENNESAW STATE UNIVERSITY

DIVISION OF STUDENT AFFAIRS

*Health Promotion and Wellness
Department of Sports and Recreation
Center for Young Adult Addiction and Recovery
Counseling and Psychological Services
CARE Services*

HEALTHY HAPPENINGS

COME SIT WITH US!

Enjoy a supportive virtual lunch hour on Friday, April 17 from 12-1 pm to share how you are coping with remote learning. Hosted through Teams by Health Promotion and Wellness registered dietitian, [Trang Pham](#), and Collegiate Recovery Program Coordinator, [Jessica Medovich](#). Open to all KSU students.

RSVP Required. To register, email jnm4706@kennesaw.edu or tpham25@kennesaw.edu



Sexual Health Awareness Week

Visit the [Virtual Programs page for Health Promotion and Wellness](#) or our [Facebook page](#) to participate in activities.

Monday, April 13, 2020
What are your sexual health questions?
[Click here to ask your question](#)

Tuesday, April 14, 2020
Hungry for Consent?
Consent
Communication Tips

Wednesday, April 15, 2020
Condom Sense

Thursday, April 16, 2020
7 pm - Netflix Party:
Birth Control, Explained
Sex Trivia on Instagram
Peer Health Education
Q&A

HPW PHOTO CHALLENGE

Snap a photo of the completed challenge each week to win a PRIZE!
Tag [@KSUWellness](#) and use the hashtag [#KSUWellness](#) with your entries.
Participants who complete all four challenges will win a free HPW t-shirt!

APRIL 6 - Healthy Recipe Post
Show us what you've been cookin'!

APRIL 13 - Stay Connected
How have you and your peers been virtually communicating?

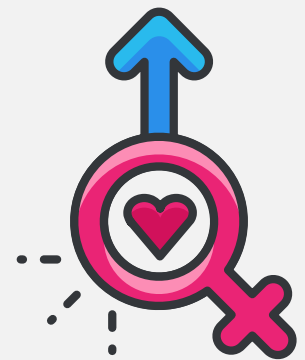
APRIL 20 - Healthy Minds
What meditation or sleep techniques do you use to maintain a healthy mind?

APRIL 27 - Study Space
What's your study set up for finals?

***If your profile is private, please Direct Message or email us your entry at wellctr@kennesaw.edu*



Still looking for something to fill the sports void? Whether you're an avid gamer or just someone looking to explore the online gaming community, you've come to the right place. Visit [Game On, KSU](#) for the broadcast schedule and the next tournament esports leagues starting April 13!



NUTRITION

Counseling Services

Counseling includes meeting one-on-one with a registered dietitian to discuss concerns. If interested, please email tpham25@kennesaw.edu to make a screening appointment.

Have you felt overwhelmed in the grocery store or unsure of how to eat healthy within your budget? Check out the [Eating on a Budget Workshop](#) on our social media to learn how to make the most of your dollar, creatively plan meals for the week, and compare prices in the grocery store.



COOKING CORNER



ingredients

- 1 cup dry oats
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter (or almond butter)
- 1/2 cup ground flax seeds
- 1/2 cup dark chocolate chips
- 1/3 cup honey
- 1 Tablespoon chia seeds
- 1 teaspoon vanilla extract
- 1/2 cup raw pumpkin seeds

directions

- Stir all ingredients in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
- Once chilled, roll into balls of about 1" diameter.
- Store in an airtight container and keep refrigerated for up to 1 week.

Makes 20-25 bites.

<https://www.gimmesomeoven.com/no-bake-energy-bites/>



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EATING

ON A BUDGET

HEALTHY DOES NOT HAVE TO BE EXPENSIVE

\$AVE AT HOME



- PLAN YOUR MEALS**
Check pantry, fridge, and freezer for what you have
Build meals around what is on hand
- MAKE A SHOPPING LIST AND STICK TO IT**
Buy only what you need
- USE STORE APPS FOR COUPONS & SPECIALS**
Research loyalty cards for extra savings
- SMART COOKING**
Cook in big batches & freeze leftovers
Sheet pan meals - easy prep and clean up
Cook once, eat twice - spice up leftovers



\$AVE AT THE STORE



- COMPARE PRICES**
Generic/store brand vs. name brand
Take advantage of coupons found on apps
- BUY IN BULK**
Compare price per unit
Check your storage space before buying
- BUY SEASONAL***
Plentiful supply means cheaper prices
Produce at peak of ripeness with more flavor
- BUY CANNED & FROZEN FOODS**
Cheaper with longer shelf life
Good strategy for out of season items

SOURCES

AMERICAN HEART ASSOCIATION (2014)
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/shopping-on-a-budget-infographic>
U.S. DEPARTMENT OF AGRICULTURE (2020)
<https://www.choosemyplate.gov/ten-tips-eating-better-on-a-budget>
***Georgia Organics Harvest Calendar (2014)**
http://georgiaorganics.org/wp-content/uploads/2014/01/harvestcalendar_small.pdf



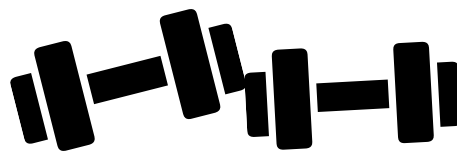
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FITNESS



JOIN US VIRTUALLY!

The 17th Annual Daffodil Dash 5K is going virtual! Complete a 5K anytime between now and May 4th to be eligible to earn your very own Daffodil Dash 5K T-shirt! (while supplies last) Complete this mileage at your own pace and anywhere you can - outside, on a treadmill or on a track. Send proof of your completion of 3.1 miles (snap a photo or show us on your activity tracker)! Share on social, send us a direct message or send us an email to sports_recreation@kennesaw.edu. Please remember to include your KSU ID number, Net ID and affiliation (student, faculty or staff). Once we are able to operate safely, we will have the shirts available for pick up. An email will be sent to your KSU account with pick up information.



OWIFIT

Minute Meditation

Need a break? Join one of our OwlFit personal trainers for a quick meditation practice!

INTRAMURAL SPORTS TRICK SHOT CONTEST



RULES

- 1) Use a ball to score some type of goal
- 2) Record the trick shot alone, but make sure you appear in the video
- 3) Post to social media and tag @KSUSportsRec

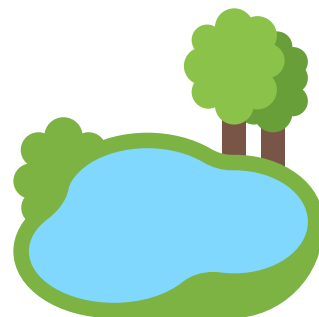
The two videos with the most likes by 4/23 will be pulled and voted on via Instagram!

OUTDOOR ADVENTURES PHOTO CONTEST

Take a photo that falls into the category each week and tag [@ksusportsrec](https://www.instagram.com/ksusportsrec) on social or email to outdooradventures@kennesaw.edu

- March 30- Flowering Trees
- April 6 - 4-leaf clover
- April 13 - Water (a pond, creek, waterfall, etc.)
- April 20 - Flowers
- April 27 - A starry sky
- May 4- A Sunrise or sunset

Submissions will be posted and voted on!
The winner will receive a Sports and Recreation prize!



MENTAL HEALTH



Mindful Meditation

1. **Create time and space** - Choose a time and quiet place each day for meditation.
2. **Set a timer** - Start with 5 minutes and work your way up each week.
3. **Find a comfortable sitting position** - Sit criss-cross on the floor.
4. **Check your position** - Sit up straight with your hands in a comfortable position.
5. **Take deep breaths** - Deep breathing helps settle the body and establish your presence.
6. **Direct attention to your breaths** - Focus on a part of the body and establish your presence.
7. **Maintain your breaths** - As you inhale and exhale, focus on your breaths. If the mind wanders, bring it back to focus on your breathing.
8. **Be kind to yourself** - Don't worry if your focus drifts away or if you become tired, focus on you.
9. **Prepare for a soft landing** - When the timer goes off, keep your eyes closed if you wish, take your time. Acknowledge your practice with gratitude.

Color Away the Stress

Print out and enjoy these free [adult coloring sheets](#) to reduce stress and boost creativity



Resources for dealing with sadness, anxiety, stress, anger, and more

Center for Young Adult Addiction and Recovery Meetings

The CYAAR is hosting virtual AA meetings on Tuesdays at 12:30 pm
[Click here for Zoom Meeting](#). Meeting ID: 622 201 179 Password: 093267

The CYAAR is hosting virtual EDA meetings on Wednesdays at 6:30 pm
[Click Here for Zoom Meeting](#). Meeting ID: 695 949 293 Phone: 646-876-9923



CYAAR Staff will be answering all of your questions about substance use, addiction, and recovery on IGTV on Wednesday April 15 at 5pm. Submit any questions you have for judgement-free answers on our Instagram [@KSUWeDoRecover](#)

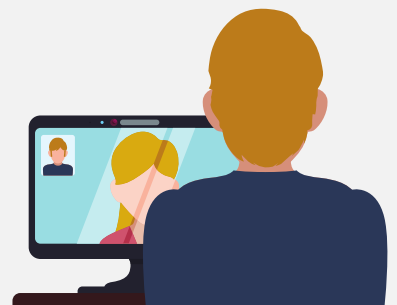
10 Tips for Dealing With the Stress of Uncertainty

Counseling

Counseling and Psychological Services is providing Telemental Health. For additional information please visit <https://counseling.kennesaw.edu>

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.



EXERCISE YOUR MIND

Last weeks answers

Word Scramble

HLTHEA
 ESLSNLEW
 NQNITREAAU
 UWOTROK
 SGEIHTW
 UINRNNG
 LTARIS
 AMIIOEDTTN
 NOINUTITR
 DUTENRAEV
 ENISFTS
 SINCONGUEL
 EYRVERCO
 OMOZ
 ULTAIRV



Check back next week for the answers!

Financial Hardship

The Emergency Assistance Program is designed to support students in overcoming unforeseen hardships hindering their successful academic progress. Consideration for the support is the last resort option after all other applicable financial aid awards and/or community resources are exhausted. Funds can cover school expenses such as tuition and fees, textbooks, lodging, and meals.

<https://financialhardship.kennesaw.edu/>

Student Health Services: Our Health & Well-Being Partner

Student Health Services is open regular business hours: 8:30am - 5pm Monday - Friday at all 3 locations. Call ahead for appointments 470-578-6644 or use the MyChart app. Clinic visits as well as virtual and tele-health visits are available to meet individual student needs. Patients only, no visitors are permissible in the clinics at this time. Our patient's safety is top priority. All patients as well as our team are screened upon entry to our clinics.

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



Free Public Wifi
and at home
resources to stay
connected.

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Counseling and Psychological Services



CARE Services



Center for Young Adult Addiction and Recovery



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SUGGESTION BOX

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