

# HEALTH & WELL-BEING

Weekly Virtual Programs, Tips, and Resources

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**TAKE OUR  
NEWSLETTER  
SURVEY**

<https://bit.ly/HWBSurvey>



## #KSUCampFromHome

Outdoor Adventures hosted the #KSUCampFromHome weekend, May 15-17! This weekend encouraged everyone to set up a campsite in their home, deck or yard! You can still have an adventure while staying at home! Try it out this weekend for a fun, new activity without having to travel!



**KENNESAW STATE  
UNIVERSITY**  
DIVISION OF STUDENT AFFAIRS

*This newsletter is brought to you by  
Health Promotion and Wellness  
Department of Sports and Recreation  
Center for Young Adult Addiction and Recovery  
Counseling and Psychological Services  
CARE Services*

# HEALTHY HAPPENINGS

INTERESTED IN BECOMING A

## PEER HEALTH EDUCATOR?

Do you have a passion for wellness? Do you want to improve the health and well-being of students on campus? Join our team of Peer Health Educators and enhance your leadership skills, improve your public speaking skills, and meet like-minded students with a passion for a healthier campus. Apply today!

# WHY I CHOOSE NOT TO DRINK & DRIVE CHALLENGE

LET'S BRING AWARENESS TO THE REASON WHY KSU OWLS CHOOSE NOT TO DRINK AND DRIVE

Send in a short 30 second-1 minute video with your name and major explaining why you choose to not drink & drive.

Email all videos to [wellctr@kennesaw.edu](mailto:wellctr@kennesaw.edu) to be shared on our Instagram page!



## CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY IS OFFERING VIRTUAL NALOXONE TRAINING!

Naloxone is used to reverse opioid overdose. KSU community members who would like to be trained in how to identify an opioid overdose, how to administer Naloxone, and be provided a free Naloxone kit can sign up for free training. Naloxone kits will be mailed to KSU community members who are located in Georgia. Kits will also be available to be picked up when campus resumes in-person classes for those who complete virtual training. To sign up, please visit [Owl Life](#) or search "naloxone" on Owl Life.

## TEST YOUR ALCOHOL IQ ON INSTAGRAM STORIES



## NATIONAL Water Safety MONTH

Bring water safety into your home! Water safety is not just for pools - be safe on, near or around the water. Bring water safety into your home with these online learning tools. Lessons structured for youth and adults with new lessons brought to you each week May - June 2020! Lessons are based on the American Red Cross's Whale Tales program. This week's lesson will be "Reach, Throw or Don't Go!"



# NUTRITION



## FRUIT NINJA!

Did you miss the Healthiest Fruits to Slice Into Nutrition Workshop video? [Rewatch the video here.](#)

## COOKING CORNER



### *Greek Pasta Salad Recipe*

#### Ingredients

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon honey
- 2 teaspoons garlic, minced
- 6 cups whole wheat pasta, cooked
- 1 pint cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 2 cucumbers, sliced
- 4 oz feta cheese, crumbled
- 1/4 cup Kalamata olives, sliced
- 1/4 cup oregano, chopped

#### Directions

1. In small bowl, combine olive oil, red wine vinegar, honey, and garlic to make the dressing. Set aside.
2. In large bowl, add remaining ingredients and toss together with the dressing and enjoy!

**TOTAL TIME:** 30 MINUTES  
**SERVINGS:** 6  
**SOURCE:** TASTY

## BE YOUR OWN TOP CHEF



### The Amazing Benefits of Preparing & Eating Meals at Home!



#### HEALTH BENEFITS



- Contributes to an overall healthy diet
- Helps to increase fruit and vegetable consumption
- More control over ingredients and portion sizes

#### EMOTIONAL/SOCIAL BENEFITS



- Relieves stress, improves mood, fulfills creativity
- Bonding time with family and friends
- Adds joy to your life-inside and out!



**KENNESAW STATE UNIVERSITY**  
DIVISION OF STUDENT AFFAIRS  
*Health Promotion and Wellness*

# FITNESS



During a time when social distancing is the norm, let's come together digitally through fitness. The 2020 Recreation Movement is about staying active together, even when we're apart! With leadership from NIRSA, students, faculty, university staff and alumni are able to participate in online workout classes from more than 60 different colleges and universities across the country. Digital fitness and recreation are great ways to have people connect, engage and stay healthy during these uncertain times.

Sign up with your KSU email account to gain access and start logging your activity!



## 5 TIPS FOR

# Camp at Home

- BUILD A CAMPFIRE (OR STREAM ONE!)
- MAKE SMORES (OR YOUR FAVORITE CAMPING TREAT)
- PLAY SOME GAMES! (CARD OR BOARD GAMES)
- MAKE A STARRY NIGHT (HANG UP SOME STRING LIGHTS)
- BRING THE ENTERTAINMENT (STREAM A MOVIE, READ A BOOK, OR LISTEN TO A PODCAST)



## ADVENTURE ANYWHERE CHALLENGE

Together we are strong. We have set a goal to reach 2,020 hours of collective activity time. You choose the activity, log your ride, run, hike, or walk in [Strava](#). We will provide updates each week on where we are adventuring as well as how many hours we have contributed as a community. To have your activity count, join the [Outdoor Adventures Strava Club](#).

## ONLINE PERSONAL TRAINING

Keep healthy and strong even in your own home with [OwlFit's Online Personal Training](#). Online personal training is available to all Sports and Recreation members including students, faculty, staff, and alumni offering a one-on-one experience and a fully supported virtual fitness journey. All training sessions are performed live through Microsoft Teams or other compatible video chat platforms. Your trainer will hold you accountable, encourage you, support you, and educate you through every virtual session.



## OwlFit Online Small Group Coaching Program

Join an OwlFit Online Small Group Coaching Program to transform your body and conquer your health & fitness goals! Our small groups ensure you get the team support and motivational coaching you need to make your goals a reality! Classes will run from June 1-June 26! Two groups will be offered in June: Strength Training for Women and Core & Flexibility! Registration is \$20 and will close on May 28. [For more information, visit our website.](#)



# MENTAL HEALTH

## Managing Anxiety and Depression During COVID-19

a webinar hosted by  
Counseling and Psychological Services

### COPING THROUGH COVID-19 TELE-WORKSHOPS

CPS is offering a virtual workshop designed to help KSU students deal with the COVID-19 pandemic and quarantine and the impact they are having on our lives. The informal, open workshop addresses anxiety and depression symptoms that might arise, including feelings of sadness, loneliness, confusion, low motivation and difficulty concentrating. The workshop will provide an overview of good self-care habits that will help students improve your thinking, sleeping, time management and approach to academic work. It is being offered repeatedly in an interactive framework where students will have the opportunity to ask questions and get answers. Go to [OwlLife](#) and enter your NetID and password for details.

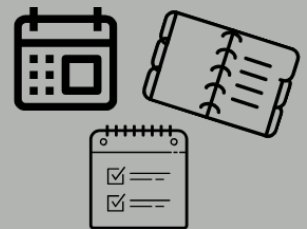
STAY  
Positive

# TIPS FOR A SUCCESSFUL SEMESTER

The start of a new semester can be a stressful time. Check out the tips below to reduce your stress levels and increase your chances of **having** a successful semester!

## Manage your time.

One of the best ways to limit stress and have a great semester is to properly manage your time. Try writing down all your due dates in a planner or putting them in your phone and mark ==. It also helps to keep a to-do list.



## Fuel your mind.

Certain foods are known to boost your memory, mood, and increase your alertness. Try incorporating more dark leafy greens, fatty fish, and nuts into your diet. Check out our "What's on the Menu for Finals?" infographic for more information.



## Take time for yourself.

Schoolwork is important, but it is also important to carve out some time for yourself. Make time to do something that you enjoy and to relax!

## Exercise.

Stay active! Exercise is great for your overall health, but physical activity also releases endorphins, which will decrease your stress levels and help to improve your mood.



## Get plenty of sleep.

College students need 7-9 hours of sleep each night. This semester, try waking up at the same time every day. Establishing a routine like this will actually improve your sleep. You can also try creating a nightly relaxation routine.



# KSU VIRTUAL COUNSELING

## 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

Since the start of the COVID -19 quarantine, Counseling & Psychological Services (CPS) has had to make some rapid adjustments to continue providing personal counseling to KSU students. We quickly developed our own space on Microsoft Teams, and within three workdays were up and running with virtual counseling. The system is free for KSU students and just requires a download onto a computer or other electronic device. The counseling provided can surround academic concerns, family issues, depression or anxiety about the virus or anything else. Although we are not currently on campus, personal help is still available; details are available on the CPS website: [TeleMental Health - Virtual Counseling](#)



## 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

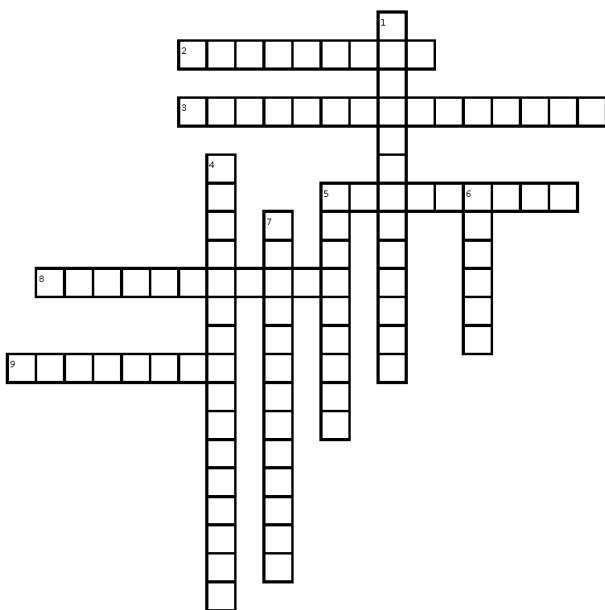
The CYAAR is hosting virtual Alcoholics Anonymous meetings on Tuesdays at 12:30 pm  
[Click here for Zoom Meeting.](#)

The CYAAR is hosting virtual Eating Disorder Anonymous meetings on Wednesdays at 6:30 pm  
[Click Here for Zoom Meeting.](#)



# EXERCISE YOUR MIND

## Crossword Puzzle



Last weeks answers

1. Protein
2. Calorie
3. Carbohydrates
4. Saturated
5. Liquid
6. Protein
7. Dietary Fiber
8. Variety

Check back next week for the answers!

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**Down:**

1. Georgia policy where drivers under 21 years old cannot have a BAC above .02%
4. Someone who abstains from alcohol or other drugs in order to drive others safely
5. A marked part of a road where pedestrians have the right of way to cross
6. Must be worn when riding a bike
7. Regulates traffic and crosswalks

**Across:**

2. Georgia law about not toughing your phone
3. Georgia Governor's Office of Highway Safety seat belt campaign
5. Not used when driving or riding a bike
8. Used to indicate turns while riding a bike
9. Must be worn at all times while riding in a vehicle



Free Public Wifi  
and at home  
resources to stay  
connected.

### 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://emergencyassistance.kennesaw.edu/>

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

## Follow us

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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.