

# HEALTH & WELL-BEING

Weekly Virtual Programs, Tips, and Resources

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**TAKE OUR  
NEWSLETTER  
SURVEY**

<https://bit.ly/HWBSurvey>



Data as of June 13 showed that the daily number of new coronavirus cases was climbing in Georgia. But with restrictions loosening and people emerging from quarantine, the question remains—is sex safe?

In short—it can be, but experts say any type of in-person sexual activity does carry some risk. But there are ways to have intimate contact and remain connected.

Continue reading on page 2 to learn about transmission and the tips to have healthy lockdown relationships.

*Source: American Sexual Health Association*

<http://www.ashasexualhealth.org/sex-in-the-time-of-covid-19/>



**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

## Sex in a Time of COVID-19 Continued

### How is it transmitted?

Let's start with what we know right now. COVID-19 is a respiratory disease, so direct contact with saliva—through kissing, for example—can easily pass the virus. Recent studies have found COVID-19 in feces and semen. So this means that rimming (oral/anal contact) and anal sex may spread COVID-19 as well. Remember that condoms and dental dams reduce contact with saliva and feces during anal and oral sex or oral/anal contact.

- You are your safest sex partner. Masturbation will not spread COVID-19, especially if you wash your hands (and any sex toys) with soap and water for at least 20 seconds before and after sex.
- The next safest partner is someone you live with. Having close contact—including sex—with only a small circle of people helps prevent spreading COVID-19. All partners should be consenting.
- You should limit close contact—including sex—with anyone outside your household. If you do have sex with others, have as few partners as possible and pick partners you trust. Talk about COVID-19 risk like you would other safer sex topics (e.g. PrEP, condoms). So ask: Do they have symptoms or have they had symptoms in the last 14 days? Have they been diagnosed with COVID-19? People are considered likely no longer infectious if at least 10 days have passed since the day their symptoms started and if they have not had fever for at least three days.
- If you usually meet your sex partners online or make a living by having sex, consider taking a break from in-person dates. Video dates, sexting or chat rooms may be options for you.

[Read the full article here.](#)



## LIVE OWLFIT INSTAGRAM WORKOUTS!

MONDAY JULY 6	TUESDAY JULY 7	WEDNESDAY JULY 8	THURSDAY JULY 9
12:30PM YOGA	12:30PM FULL BODY CIRCUIT	12:30PM KICKBOXING	12:30PM TOTAL CORE
5:30PM HIP HOP TONING	5:30PM DANCE FITNESS	5:30PM FULL BODY STRENGTH	5:30PM DANCE FITNESS

Missing your favorite OwlFit group fitness classes? Looking for at-home workouts? Sports and Recreation is now offering LIVE OwlFit Group Fitness classes on Instagram each week! Each class will be 30 minutes long with a new schedule published weekly on our virtual programs page. Join in on the fun and follow us @ksusportsrec!

## Ask the Peer Health OWLS

Alcohol, Tobacco, and Other Drugs



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Health Promotion and Wellness

The Peer Health OWLS answer students questions about alcohol, tobacco, and other drugs in this helpful video.

[Watch the session here!](#)



# NUTRITION

## RETHINK YOUR DRINK!

How much sugar is in some of your favorite beverages? Watch our nutrition workshop to learn some astounding facts that may make you rethink your drink! [Watch the Video](#)



## COOKING CORNER



### RASPBERRY-LIME-MINT FLAVORED WATER

#### Ingredients

- 2 limes, quartered
- 2 cups raspberries
- 1 sprig of mint
- water (tap or filtered)
- Ice

#### Directions

1. Squeeze lime juice into 2 quart jar with lid. Throw in the squeezed lime quarters
2. Add raspberries and mint. Press and twist with the handle of a wooden spoon, to release the mint oil and raspberry juices
3. Fill jar with ice & add water to top of jar
4. Cover and refrigerate up to 3 days
5. Enjoy!!

TOTAL TIME: 5 MINUTES  
SERVINGS: 6-8  
SOURCE: TASTY.CO

# OH, SUGAR!



Most Americans consume nearly 20 teaspoons of added sugars each day. That's more than triple the American Heart Association's recommended limit for women and children and double for men! How much sugar is in your favorite drink? The facts may astound you!

## 1 CHOCOLATE MILK

TruMoo 1% (8 fl. oz)	18 grams = 4 1/2	
Hershey's 2% (8 fl. oz)	30 grams = 7 1/2	
Horizon 1% (8 fl. oz)	22 grams = 5 1/2	



## 2 ENERGY DRINKS

Red Bull (8.4 fl. oz)	27 grams = 6 3/4	
Monster (8 fl. oz)	27 grams = 6 3/4	
Rockstar (8.4 fl. oz)	33 grams = 8 1/4	



## 3 COFFEE DRINKS & SWEET TEA

Starbuck's Mocha Frappuccino (16 fl. oz)	= 52 grams = 13	
Dunkin' Donuts Frozen Coffee (Small)	= 56 grams = 14	
McDonald's McCafe Mocha (Small)	= 54 grams = 13 1/2	
McDonald's Sweet Tea (16 fl oz)	= 21 grams = 5 1/4	
Gold Peak Sweet Tea (16.9 fl. oz)	= 44 grams = 11	



## 4 JUICES

Tropicana Orange (8 fl. oz)	= 22 grams = 5 1/2	
Mott's Apple (8 fl. oz)	= 28 grams = 7	
Ocean Spray Cranberry (5.5 fl. oz)	= 17 grams = 4 1/4	



## 5 LEMONADE

Chick-fil-A (11.5 fl. oz)	= 43 grams = 10 3/4	
Minute Maid (12 fl. oz)	= 40 grams = 10	
Simply Lemonade (11.5 fl. oz)	= 40 grams = 10	



## 6 SODAS

Coca-Cola (12 fl. oz)	= 39 grams = 9 3/4	
Pepsi (12 fl. oz)	= 41 grams = 10 1/4	
Mountain Dew (12 fl. oz)	= 46 grams = 11 1/2	



## 7 SPORTS DRINKS

Gatorade (12 fl. oz)	= 21 grams = 5 1/4	
Powerade (12 fl. oz)	= 21 grams = 5 1/4	
Vitamin Water Revive (20 fl. oz)	= 32 grams = 8	

## 8 WATER

ZERO



Sources: The American Heart Association  
Nutrition Facts provided by brands' websites





## ADVENTURE ANYWHERE TRACKING



Join us on Strava  
[strava.com/clubs/ksuadventures](https://strava.com/clubs/ksuadventures)



Get your heart pumping with this Glute Blaster!

## FIT IN 15 2 Rounds / 30-60 sec rest

### Glute Blaster

Sumo Squat Pulse	10 reps
Side Leg Raises (R/L)	20 reps
Hip Hinge	5 reps
Donkey Kicks (R/L)	20 reps
Fire Hydrants (R/L)	20 reps
Glute Bridges	10 reps

Adventure Anywhere Challenge - Together we are strong. Outdoor Adventures has set a goal to reach 2,020 hours of collective activity time. You choose the activity, log your ride, run, hike, 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. As of 6/28/2020, we have reached 1552.41 hours!

To have your activity count, join the Outdoor Adventures Strava Club at [strava.com/clubs/ksuadventures](https://strava.com/clubs/ksuadventures)



## CAMPING RECIPES

### Orzo and Veggies

#### Ingredients

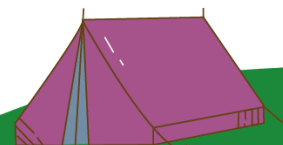
- 1 cup orzo
- 2 cups water
- Veggies of your choice (asparagus, garlic, mushrooms and onion)
- Spices of your choice (basil, salt, garlic salt, crushed red pepper)
- Protein optional: Add in protein like sliced kielbasa sausage (vegetarian or meat) or sauté it in another pan or roast over a fire for extra crispy taste

This meal is great because you can make it in one pot. Orzo is light weight and cooks fast, you can carry it with you on a backpacking trip or use your cast iron skillet while car camping.

#### Instructions

Chop all veggies. Combine all ingredients into a pot, cover and bring to a boil. Once boiling, stir often for about 5 minutes. Remove from heat. Add in cheese if desired.

Pro tip: Dice veggies at home and measure orzo out prior to your trip departure.



# MENTAL HEALTH



*Did you know it takes four days to fully recover from one hour of lost sleep? Remember, getting enough sleep improves learning and memory, so check out [this article on sleep debt](#) before you consider pulling an all-nighter for finals!*

## *Sleep Debt: Can You Ever Catch Up?*

*Can you make up missed sleep the next night? The simple answer is yes.*

*Sleep is a restorative activity — while you sleep, your brain is cataloging information and healing your body.*

## TIPS FOR CATCHING UP ON LOST SLEEP

If you miss getting in enough hours of sleep, here are a few ways you can make it up.

- Take a power nap of about 20 minutes in the early afternoon.
- Sleep on the weekends, but not more than two hours past the normal time you wake up.
- Sleep more for one or two nights.
- Go to bed a little earlier the next night.

*Continue reading [here](#).*



## HOW TO GET ENOUGH SLEEP



- *Go to sleep 15 minutes earlier each night until you reach your desired bedtime.*
- *Don't sleep later than two hours past when you normally wake up, even on the weekends.*
- *Keep electronics in a separate room.*
- *Think over your evening routine to see if anything is keeping you up too late.*
- *Stop using electronics two hours before bedtime.*
- *Make sure your bedroom is dark and cool enough.*
- *Avoid caffeine late at night.*
- *Exercise no later than three hours before you go to bed.*
- *Avoid naps outside of 20-minute power naps.*

# 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

**Take Control through COVID-19:** Counselors at Counseling and Psychological Services (CPS) have been speaking to lots of students about their challenges through the COVID-19 quarantine. We know that your mental health can suffer given increased uncertainty, loss of routines and support and general disruption of our plans. While these changes can increase anxiety, depression and interpersonal conflict, they can also offer a unique chance to slow the pace of life and practice new ways of being. We recommend the following to help students gain a sense of control and direction: Follow the safety guidelines; make a new routine and keep it; set priorities and focus on these; create an online social life and keep it in balance; and make self-care a necessity (including good sleep, food and exercise). Finally, help is still widely available through tele-mental health platforms. See the CPS website for directions for scheduling appointments.

[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.](#)





# SEE YOU IN FALL 2020

## Student Disability Services

Student Disability Services remains committed to supporting students with disabilities and ensuring equal access to educational opportunities at KSU. Based on recommendations to limit personal contact, our office will work in a remote capacity, Monday through Friday, 8:00 am - 5:00 pm until further notice. To contact us, please email [sds@kennesaw.edu](mailto:sds@kennesaw.edu). Appointments with Disability Service Providers and Academic Coaches will be conducted through Microsoft Teams. Please make sure you have downloaded Teams to your preferred device. Visit our website at [sds.kennesaw.edu](https://sds.kennesaw.edu) for a link with instructions on how to download Teams. Need to apply for accommodations? Review the [Getting Started Overview](#) tab on our website for instructions.

## Financial Hardship

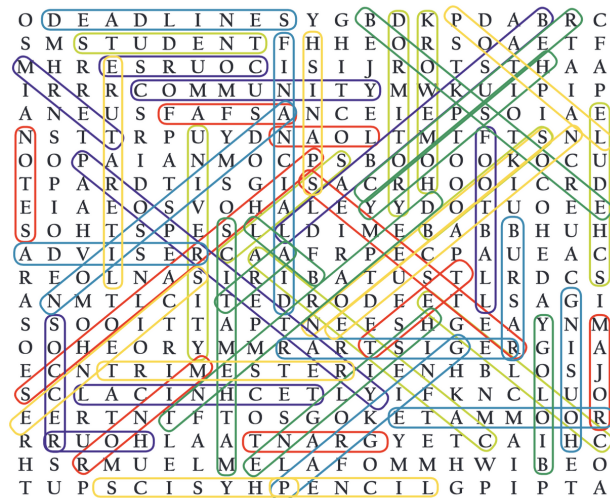
The [Emergency Assistance Program](#) is designed to support students in overcoming unforeseen hardships hindering their successful academic progress. Consideration for the support is the last resort option after all other applicable financial aid awards and/or community resources are exhausted. Funds 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/>

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Answers from June 22



Word search adapted from ArmoredPenguin.com



[Free Public Wifi](#)  
[and at home](#)  
[resources to stay](#)  
[connected.](#)

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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](mailto:wellctr@kennesaw.edu).