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NUTRITION

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List of tips for staying mentally well and focused while making the transition to remote school. p 4

WELCOME TO OUR FIRST ISSUE

by Sherry Grable, Director, *Health Promotion and Wellness*

Welcome to our first issue of KSU Health and Well-Being Weekly newsletter. We will use this newsletter to inform our students of health and well-being resources that are available to you. We would love to hear from you so please let us know if you have any suggestions by emailing wellctr@kennesaw.edu.



Virtual Counseling Sessions

KSU continues to offer counseling to students through virtual sessions.

- [Nutrition screenings and counseling](#) with the registered dietitian.
- [Recovery and Addiction Counseling](#) with a licensed social worker.
- [Mental health counseling](#) provided by Counseling and Psychological Services.

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/>

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



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 by snapping a photo or showing 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.

Safe Spring Break Tips

1. Get moving: at least 30 minutes of activity daily will keep you feeling great.
2. Stay connected: plan a virtual game night with your friends with the HouseParty or Zoom apps.
3. Stay hydrated: keep a reusable water bottle handy for easy refills.
4. Mocktail Happy Hour: create your own delicious Lavender Lemon mocktail
5. If you drink, keep track of how much you drink and don't overdo it.
6. Take a virtual trip: Visit the Louvre or the Great Wall of China!



Join the inaugural spring 2020 Esport competition series. There are various tournament offerings to participate in and ways to follow along throughout the competition play. Whether you're an avid gamer or just someone looking to explore the online gaming community, KSU has got you covered! Current tournaments include: League of Legends, Rocket League, NBA 2k20 (Xbox), NBA 2k20 (PS4). Game play starts as early as Monday, March 30! Register today!

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!



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NUTRITION

Counseling Services

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



Fuel Your Fitness

You asked, our dietitian answered! Check out the latest [Nutrition Workshop on Instagram](#).

Nutrition Workshops have moved online. Make sure to follow [@KSUWellness](#) on Instagram to submit your nutrition questions and watch our video series.

COOKING CORNER



STUFFED BELL PEPPERS

Ingredients

- 2 large green peppers
- 1/2 lb ground beef
- 1/4 cup chopped onion
- 1 can (15 oz) tomato sauce, divided
- 1 cup cooked rice
- 1/8 tsp salt
- 1/8 tsp garlic powder
- 1/8 tsp pepper

Directions

1. Preheat the oven to 350°F
2. Cut off tops of peppers and remove all seeds
3. Place peppers in a large saucepan and cover with water. Bring to boil and cook for about 3 minutes
4. Drain immediately and place in ice water; invert on paper towels
5. In a small skillet, cook beef and onion over medium heat until the meat is no longer pink (160 degrees). Remove from heat and drain
6. Stir 1 cup of tomato sauce, rice, salt, garlic powder, and pepper
7. Spoon mixture into peppers
8. Place peppers in ungreased baking dish and drizzle with remaining tomato sauce
9. Cover and bake 25-30 minutes or until peppers are tender

TOTAL TIME: 40 MINUTES
SERVES: 2
SOURCE: TASTE OF HOME

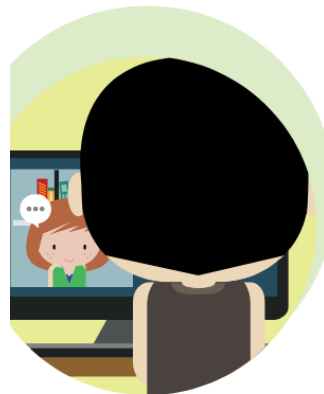


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Source: HelpGuide.org

YOU GOTTA NOURISH TO FLOURISH: SELF-CARE STARTS TODAY

It is normal to feel sad, stressed, anxious, or overwhelmed during times of uncertainty. Try these helpful tips for managing the feelings below.



FEELING DEPRESSED OR LONELY?

Video chat or call and talk to someone who always makes you feel better, play with your dog or cat, or look at a favorite photo or cherished memento

FEELING ANXIOUS?

Release your nervous energy by dancing to your favorite song, squeezing a stress ball, taking a brisk walk, doing yoga, or meditate



FEELING MENTALLY OR PHYSICALLY EXHAUSTED?

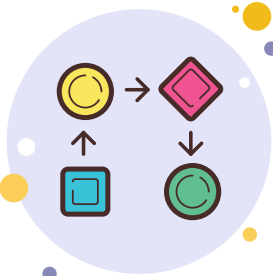
Pamper yourself with a hot cup of tea, take a bath, light some scented candles, or wrap yourself in a warm blanket

FEELING BORED?

Read a good book, watch a YouTube video, or turn to an activity you enjoy (playing the guitar, singing, drawing, etc.)



MENTAL HEALTH TIPS



Click to see the full routine

- One of the simplest ways to feel some sense of normalcy is to develop a daily routine. We know that keeping a routine has benefits for us both physically and mentally. A healthy routine around eating and sleeping gives us energy and having a plan for the day (whether it be goals or activities) gives us something to look forward to. During this time of stay-at-home social distancing it may feel difficult or nearly impossible to create and follow a routine without your usual activities. The following schedule serve as a guide for you during this sudden transition with different activities listed as suggestions. You can use the schedule laid out by clicking the button and edit it for your preferences.

MENTAL HEALTH COUNSELING



Counseling and Psychological Services remains committed to supporting student wellbeing and resilience. Based on recommendations to limit personal contact, our office will work in a remote capacity for the remainder of the Spring semester. If you have general questions or wish to set up an appointment, you may call 470-578-6600 (Kennesaw) or 470-578-7391 (Marietta) or email counseling@kennesaw.edu. Phone and emails will be responded to Monday-Friday from 8 am to 5 pm. If you need assistance locating a mental health provider off-campus or near your home, please visit our [Case Management website](#).



The [Center for Young Adult Addiction and Recovery](#) office remains committed to supporting student health, well-being, and recovery. We are still operating and available for recovery and addiction counseling with a licensed social worker.

You can reach us at 470-578-2538 or email recovery@kennesaw.edu

Alcoholic Anonymous Meetings

CYAAR will be hosting virtual AA meetings on Tuesdays at 12:30 pm via [Zoom sessions](#). Meeting ID: 622 201 179 Password: 093267

ACTIVE MINDS TIPS

HOW TO STAY MENTALLY WELL WHILE LEARNING FROM HOME

1. Create routines, both personal and school-related.
2. Designate a regular, quiet workspace and keep it organized, inspirational, and clean.
3. Meal prep and stay hydrated.
4. Plan ahead.
5. Take smart and mindful breaks.
6. Set boundaries for yourself.
7. Set expectations with housemates, partners, and/or children (and sometimes pets).

8. Simulate things that you would normally do at home or school.
9. Give yourself patience and grace with these changes.

[Rewatch the Active Minds Webinar](#)

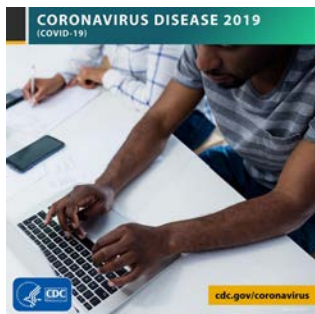
More information:
<https://www.activeminds.org/blog/tips-to-stay-mentally-well-while-working-from-home/>

RESOURCES



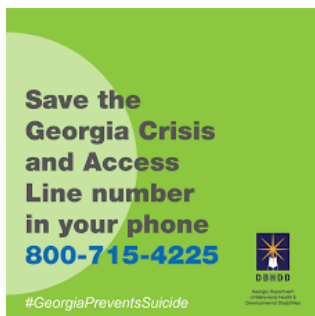
World Health Organization (WHO)

The WHO has partnered with WhatsApp to keep people safe and updated on news and resources pertaining to the Coronavirus. To access the service, simply type “hi” to activate the conversation, prompting a menu of options that can help answer your questions about COVID-19.



Centers for Disease Control and Prevention (CDC)

The CDC website has all you need to know about the virus including ways to protect yourself, resources for the community, the latest updates on news and reported cases, and more. cdc.gov/coronavirus



Georgia Crisis Access Line (for mental health emergencies)

If you feel you need immediate support outside of normal business hours, please contact the Georgia Crisis Access Line (1-800-715-4225) or Crisis Text Line by texting 741741 or visit our Emergency page for more options.

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

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EXERCISE YOUR MIND!

3		6	5	1	
	4	1	3	2	
		2			5
4	5			6	2
	1	4			3
6			2	4	

Check back next week for the answers!

SUGGESTION BOX

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls

wellctr@kennesaw.edu