



**KENNESAW STATE  
UNIVERSITY**  
DIVISION OF STUDENT AFFAIRS



# HEALTH & WELL-BEING

April Celebrates:  
Earth Day April 22  
National Minority Health Month

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## Can plants relieve stress?

*by David Kim, Intern, Health Promotion and Wellness*

Stress is a physical, behavioral, and mental response to challenges and events that threaten our well-being. Stress can impact a student's ability to focus on the lecturer, reasoning, processing time, and even memory in the classroom. Studies show that students and faculty are more engaged in areas with natural light from windows and when plants are present.

Research from the American Society for Horticultural Science revealed the following health benefits of indoor plants in the classroom, workspace, or home:



- Improves mental and healing values
  - Reduces stress
  - Reduces eye irritation
  - Filters out air impurities
  - Reduces headaches
  - Reduces fatigue
  - Increases motivation
  - Improves concentration
  - Enhances reaction times on computer tasks (by 12%)
- (continued on page 2)

## CAN PLANTS RELIEVE STRESS? (CONT)

by David Kim, Intern, Health Promotion and Wellness

Cornell University's research examined that as little as 10 minutes in nature can help college students feel happier and have less physical and mental stress than students who spent more time indoors and not around plants. Cornell's research was published in *Frontiers in Psychology* as part of a more significant examination of "nature therapy," which aims to use preventative measures against high levels of stress, anxiety, depression, and other mental health issues within college students. Researchers concluded that 10-50 minutes in natural settings was the most effective way to boost mood, focus, and improves physiological markers such as blood pressure and heart rate.

***"Frequent exposure to green space has been linked to positive health and well-being in various populations."***

*Lousie Delagran, MA, MEd.*



If you can't go outside to enjoy nature, bring some greenery inside with indoor plants. Spring is the perfect time to find plants or begin a garden. Read more about the benefits of growing your own food on page six.

*Sources: American Society for Horticultural Science, Cornell University, University of Minnesota*

INTERESTED IN BECOMING A  
**PEER HEALTH  
EDUCATOR?**

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 APRIL CALENDAR



#OwlSeeYouThere

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

## On Campus Events

### HIV and Hepatitis C Testing

Reservations Required.

Call 470-578-6394

SRAC\* 1220 - Kennesaw

Wed. April 7,  
11 am-3 pm

Tue. April 20,  
11 am-3 pm

### Wellness on Wheels: Stress and Anxiety

Wed. April 14,  
2-4 pm

Prillaman Lobby-Kennesaw

Thurs. April 22,  
11 am-1 pm

Stingers Walkway-Marietta

### Art4Healing

Reservations Required

Fri. April 9,  
12:30 pm

Register on Owl Life for event location



\*Student Recreation & Activities Center

## On Campus Events Recipe Tastings:

Kennesaw Campus Green  
(Rain location Student Center)

### Cool Bean Sliders

Thurs. April 1,  
12 pm

### Kale Yeah! Smoothies

Wed. April 14,  
12 pm

Thurs. April 15,  
12 pm

### Naloxone Training

Reservations Required  
Online Training Available

Thur. April 1,  
1 pm

Marietta Student Center  
Room 216

Wed. April 21,  
2 pm

CYAAR -University Village  
6000 Building

### Recovery Ally Training

Wed. April 21,  
2 pm

CYAAR - University Village  
6000 Building

## Online Events

### Intramural Sports Trivia

Online from 7-8 pm  
Wed. April 14

Wed. April 28

[Click here to join trivia](#)

## Online Events

Visit OwlLife for event registration

### So you think you can't

#### PASS?

Test Anxiety  
Thur. April 1,  
1 pm

#### Procrastination

Wed. April 7,  
11 am

#### Time Management

Tue. April 13,  
3 pm

#### Study Skills

Thur. April 22,  
2 pm

Test Anxiety  
Wed. April 28,  
11 am

### Managing Anxiety & Depression Workshop

Tue. April 6,  
2 pm

Fri. April 9,  
2 pm

Wed. April 14,  
11 am

Thur. April 15,  
11 am

Tue. April 20,  
1 pm

Wed. April 28,  
1 pm

### Yoga For Recovery

Online at 3:30 pm  
Wed. April 7

Wed. April 14

Wed. April 21

Wed. April 28

# HEALTHY HAPPENINGS EARTH DAY

Celebrate Mother Earth by participating in the following activities:

## ADVENTURE ACROSS AMERICA CHALLENGE

## OUTDOOR GEAR SWAP



## BIKE TO BREAKFAST

**Adventure Across America Challenge:** Track your bike rides, runs, walks, or hikes in the Adventure Across America Challenge by Outdoor Adventures! Log your miles in our Strava Club to have your miles count. We need a collaborative total of 4,228 miles to reach our goal of making it across the United States. Follow the link to get connected and begin tracking your miles.

<https://www.strava.com/clubs/ksuadventures>

### Outdoor Gear Swap - Wednesday, April 21, 2-4 pm

Be kind to the planet and swap gear instead of shop for gear. Do you have outdoor gear lying around unused? Register at [mysportsrec.kennesaw.edu](https://mysportsrec.kennesaw.edu) to be a vendor and sell it. Are you looking for new outdoor gear or outdoor clothing? Visit Outdoor Adventures to buy or trade gear with the KSU Community.

### Bike to Breakfast - Thursday, April 22, 7:30-9 am

Celebrate Earth Day by biking instead of driving to campus. Arrive at Outdoor Adventures to show your support to Mother Earth and pick-up breakfast while supplies last. A celebratory group bike ride will also be taking place and leaving Outdoor Adventures at 7:30 am.

## WELLNESS ON WHEELS: STRESS AND ANXIETY



Learn more about how plants can help relieve stress and anxieties in your life!

Wed, April 14, 2-4 pm

Kennesaw Prillaman Lobby

Thur, April 22, 11 am-1 pm

Marietta Stingers Walkway

APRIL 1-30

## DAFFODIL DASH

### VIRTUAL 5K

Celebrate the beginning of Spring with the Daffodil Dash Virtual 5K throughout the month of April! Complete 3.1 miles at your own pace and anywhere you can! Make a workout reservation and run on a treadmill at our facilities or hit the pavement outside and enjoy the sunshine! It doesn't matter how fast you go. We just want you to get moving! To be eligible for a prize, complete the form on Owl Life and send in proof of completion! Prizes will be awarded first-come, first-served - the form will be open April 1-30, 2021.

# HEALTHY HAPPENINGS



## Celebrate April Pools Month with OwlAquatics

Summer is almost here! Catch some rays and cool off in the outdoor leisure pool at the Student Recreation and Activities Center starting Monday, April 5th! Follow along on the Sports and Recreation social media accounts (@ksusportsrec) as we share water safety tips to help promote Adult Learn to Swim Day on April 15th!

In celebration, the first 15 people to use the code "AdultSwim" will receive a **free swim lesson**. (Code valid only on April 15. Swim lessons must be completed by April 30, 2021.) Feel more confident in and around water with Swim Lessons!

Did you know that KSU offers swim lessons for youth and adults? Use the code 'AprilPools' through April 30th for a discount on your next set of swim lessons.

**Virtual Cannonball Challenge:** Let's have some fun and show off our best cannonballs with the virtual cannonball challenge! Visit the pool and get a video of your best cannonball! Submit the video to owlquatics@kennesaw.edu or DM us on social! We will collect videos from April 1-9th with voting starting on Instagram stories on April 12th! The best cannonball will win a prize!

## NATIONAL YOUTH HIV/AIDS AWARENESS DAY



April 7 and April 20,  
11 am-3 pm

Get yourself tested! **FREE** and confidential rapid HIV and Hepatitis C testing is available.

Book your appointment online at <https://bit.ly/HPWPatient> or by calling 470-578-6394



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

**Wednesday, April 28**

**6:15 pm Strength Circuits**

**7:15 pm Zumba**

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

Register Here:

[OwlFit Program Registration](#)

# NUTRITION



## Benefits of Growing Your Own Food



Spring is here, and that means it's the perfect time to give gardening a try. Whether it's herbs and salad greens or fruits and vegetables, growing your own is a great way to connect with the food you eat. Gardening also has excellent health benefits.

"Backyard gardening can inspire you to take an interest in the origins of your food and make better choices about what you put on your plate," says Dr. Helen Delichatsios, an internist at Harvard-affiliated Massachusetts General Hospital. "When you grow your own food, you savor it more because of the effort it took to get to the table."

Growing your own food has many benefits:

- **More Nutritious Diet** - It helps you to eat a variety of fresh fruits and vegetables that are packed with vitamins, minerals, and antioxidants due to the longer ripening time.
- **Saves Money** - Spending a few dollars on seeds, plants, and supplies in the spring, will yield pounds of produce to eat in the summer. Plus, no unnecessary trips to the grocery store!
- **Get Active** - If you're gardening outdoors, you're getting fresh air and Vitamin D from the sunshine for strong bones and teeth. Gardening may also help to improve your cardiac health and immune system response, decreases heart rate and stress, and enhances fine and gross motor skills, flexibility, and body strength.
- **Better for the Environment** - You decide what kinds of fertilizers and pesticides come in contact with your food. If you aren't up for gardening, consider buying from local farmers to reduce the produce transportation footprint.

Keep eating fun and exciting by including an array of different fruits and vegetables and new ways to eat them. Get creative and experiment with texture and flavor combinations. When it comes to produce, variety is as important as quantity consumed.

## Cooking Corner



### BLACK BEAN SLIDERS

#### Ingredients

- 2 tablespoons olive oil
- 1 onion, small diced
- 3 garlic cloves, minced
- Salt and pepper to taste
- 2 carrots, finely shredded
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon chili powder
- 1/4 teaspoon cayenne pepper
- 2 cans black beans, rinsed and drained
- 1 tablespoon soy sauce
- 1/2 cup quick oats
- 8 slider buns
- Optional toppings: lettuce, tomato, onion, avocado

#### Directions

1. Heat 1 tablespoon olive oil in a pan on medium high heat. Add onion, garlic, salt and pepper. Cook until onion is translucent.
2. Add carrot, cumin, coriander, chili powder, and cayenne pepper. Continue cooking until carrot is tender. Remove from heat and set aside.
3. In large bowl, mash black beans. Add onion-carrot mixture, soy sauce, and oats. Mix well. Form mixture into 8 slider-sized patties.
4. Freeze patties for 30 minutes to set.
5. Coat a clean pan with remaining oil and heat over medium heat. Place patties in pan to cook, flipping halfway through.
6. Top with desired toppings and ENJOY!

Scan for  
recipe video!



COOK TIME: 60 MINUTES  
SERVINGS: 8 SLIDERS  
SOURCE: TASTY



# FITNESS



## Campus Tour Bike Rides

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.

**April dates: 4/6 and 4/20 at 1 pm**

## Coffee Shop Bike Rides

Join Outdoor Adventures for a fun bike ride from the Kennesaw Campus on the Noonday Creek Trail! We will visit a nearby coffee shop on each ride and have the option to ride straight back to campus as well. Options for a 1 hour, 6-8 mile ride, and 3 hours 18-22 mile ride.

No bike? No problem! We will meet at Outdoor Adventures, where bikes and helmets will be provided for those who reserve one upon registration.

Outdoor Adventures is located inside the Student Recreation and Activities Center on the Kennesaw Campus. Register today!



## Women's Climbing Nights

April 7

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.



## Want to try paddle boarding?

April 2, 9, 16, 23

Meet us at the pool! Outdoor Adventures will provide the equipment and instruction to get you started. Pre-registration required!



# MENTAL HEALTH

# WELLBEING @KKSU

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.

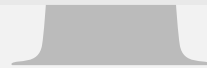
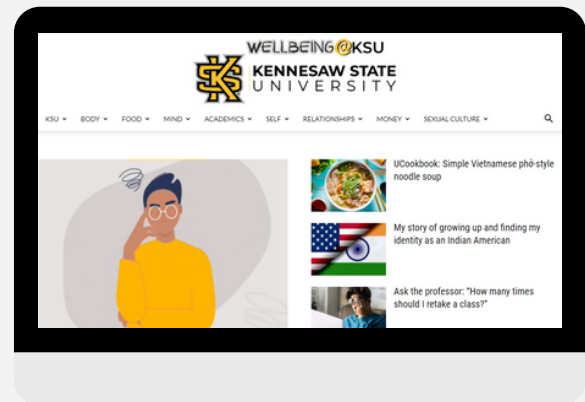
Wellness Peer Mentors look forward to assisting you on your journey to achieving your mental health and wellness goals. Wellness peer mentoring will be offered virtually and in-person. If you want to become a wellness peer mentor or like to learn more about the program, please email [wellbeing@kennesaw.edu](mailto:wellbeing@kennesaw.edu).

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



Follow  
**@WellbeingatKKSU** 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



# 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](mailto: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).