



Highlights Inside this Interactive Issue

HEALTHY HAPPENINGS

Learn about virtual health education programs available to KSU students p. 2

FITNESS & NUTRITION

Outdoor Adventures is challenging you to get moving on pg. 3
Find tasty recipes & cooking tips on pg. 4

MENTAL HEALTH TIPS

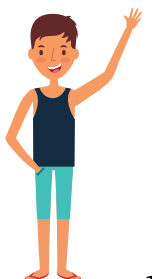
List of tips for staying mentally well and focused while making the transition to remote school. p 5

Coronavirus Exhaustion *by Dr. Greg Stevens*

Feeling extra tired since the coronavirus crisis began? We all are! This is from a concept called ‘moral fatigue.’ A [recent article by Elizabeth Yuko](#) describes how the crisis has made our previously mundane everyday decisions now carry the weight of life and death...and this is exhausting! Prior minor choices like where to get food, who to see, and when to travel suddenly involve moral dilemmas about the risks of getting infected or unknowingly infecting others with a potentially deadly disease. The biggest problem is that there are no good options! The burden of scrutinizing so many decisions that are normally insignificant takes a toll on us, and we have been experiencing this physically through feeling more tired or tense or both. Isolation from self-quarantine can also include decreased social interaction, physical exercise, and healthy eating that only adds to our fatigue. So, know that you are not alone in your unusual tiredness! Talk with supportive people about your struggles during this difficult and unprecedented time. Make decisions one at a time, especially with how quickly some things have changed. Remember, the reason that we are in this crisis is because of how connected we all are. Use this opportunity to try connecting more with those who you are closest to...just from at least 6’ away if you do not live with them. ;)

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

Sexual Health Awareness Week

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

Wednesday,

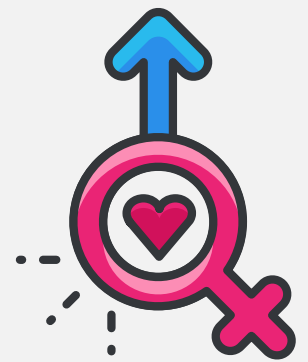
April 15, 2020

Condom Sense

Thursday,

April 16, 2020

Netflix Party:
Birth Control, Explained
Sex Trivia
Peer Health Education Q&A



DESIGN THE NEXT

INTRAMURAL SPORTS
CHAMPION T-SHIRT



HEY!

THIS YEAR'S
17TH ANNUAL
DAFFODIL
DASH
5K RUN & WALK
IS GOING
VIRTUAL



Tap into your creative side and help us design next year's Intramural Sports Champ Shirt! The winner will receive 2019-2020 Champ Shirt and one of their own design (2020-2021 design). Contest rules can be found at:

<https://sportsrec.kennesaw.edu/Virtual%20Programs.php>

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 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.

HPW PHOTO CHALLENGE

Snap a photo of the completed challenge each week to win a PRIZE!

Tag [@KSUWellness](https://www.instagram.com/KSUWellness) and use the hashtag [#KSUWellness](https://www.instagram.com/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?

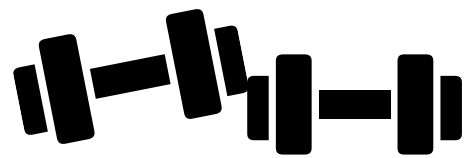
APRIL 20 - Healthy Minds: What meditation or sleep techniques do you use to maintain a healthy mind?

APRIL 27 - 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



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Minute Meditation

Looking for at-home workouts? Sports and Recreation has options available our [virtual programs webpage](#)! Check them out and get moving today!

[Outdoor Adventures](#) has started a blog! Hear from Kennesaw State University students and staff as they reflect on their experience with the Outdoor Adventures program including Nature Bound trips, bike shop, climbing gym and other #ksuadventures!

“

Stop counting the days and start living these days. We won't be in this "wilderness" for very long.

OUTDOOR ADVENTURES BLOG

OUTDOOR ADVENTURES PHOTO CONTEST

Take a photo that falls into the category each week and tag @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!



Outdoor Adventures Strava Challenges

Miss hitting the recreation centers with your training buddies during the COVID-19 closures? [Join Outdoor Adventures challenges](#) and support each other's quarantined activities with a 'kudos' or friendly wave on the trails. Complete our activity challenges to stay active during closures. You choose the activity. Log your ride, run, hike, walk in [Strava](#). The goal is to accumulate the most time exercising between now and May 4th.

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.

Food Safety Techniques:

When prepping and cooking food it is very important to make sure that you are following food safety guidelines to ensure that you are eating and serving safe food.

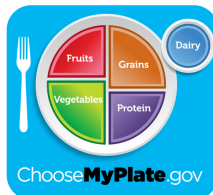
Cold Food Storage:

Click for guidelines on storing foods in your fridge and freezer.

Cooking Temperature Chart: Click for guidelines on minimum cooking temperatures for meat, poultry, seafood, and other cooked foods.

Grocery Shopping Safety: Click for some tips on safe grocery shopping during the pandemic

TAKE THE MYPLATE QUIZ!



Ask the Dietitian

WHAT QUESTIONS DO YOU HAVE ABOUT EATING ON A BUDGET?



The next Nutrition Workshop for Eating on a Budget is coming up and we want to answer your questions. Please email them to wellctr@kennesaw.edu

COOKING CORNER



LEMON AND GARLIC PASTA WITH SQUASH

Ingredients

- 4 oz pasta
- 1 yellow squash
- 1 to 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 lemon
- 1/4 cup Parmesan cheese
- 4 to 6 fresh basil leaves, chiffonade (cut into long, thin strips)

Directions

1. In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain well. Place in large bowl and set aside.
2. Cut squash lengthwise into very thin strips, almost like spaghetti. Set aside.
3. Add garlic and olive oil to pan and saute until fragrant. Add squash and cook until slightly tender.
4. Add squash mixture to cooked spaghetti. Squeeze lemon over pasta and toss well.
5. Add Parmesan cheese and basil and toss until well-blended. Top with chicken (additional recipe) and serve!

TOTAL: 25 MINUTES
SERVES: 3
SOURCE: JAMONKEY.COM



SMART SHOPPING TIPS



FOR THE PANTRY:

- Beans/Legumes (black, pinto, etc.)**
 - Excellent source of plant-based proteins
 - Starting point for nutritious meals
- Nut Butters (peanut, sunflower, etc.)**
 - Easy protein and healthy fats
 - Goes well with many foods (crackers, bread, fruits, chocolate, etc.)
 - Sun butter is a great alternative for those with peanut/tree nut allergies
- Brown Rice/Whole Wheat Pasta**
 - Nutrient-rich grains
 - Versatile: Perfect as a side dish or mixed with protein and vegetables
- Oatmeal/High-Fiber Cereal**
 - Great as a quick mini-meal
 - Keeps you regular
- Popcorn**
 - Good source of whole grains
 - Ideal snack for those Netflix/Hulu/Prime marathons
- Dried Fruit (apricots, raisins, etc.)**
 - Sweet source of iron, fiber, and antioxidants
 - Great as toppings for oatmeal/cereal and DIY trail mixes
- Shelf-Stable Milk**
 - Loaded with calcium and vitamin D
 - Non-perishable
- Bottled Water**
 - If you can't/prefer not to drink tap water to stay hydrated

- Canned Fruits/Vegetables**
 - Healthy vitamins and minerals
 - Choose canned fruits and applesauce with no added sugar
 - Look for low-sodium canned vegetables and rinse with water to remove extra sodium
- Canned Soups**
 - Convenient and comforting
 - Choose low-sodium varieties, be mindful of fat content of cream-based options
- Canned Fish (tuna, salmon, etc.)**
 - Excellent source of protein and omega-3 fatty acids
 - Long shelf-life

FOR THE FREEZER:

- Bread, Deli Meat, Meat, and Poultry**
 - Freeze well for months
 - Versatile
- Additional Fruits and Vegetables**
 - Vitamin-rich, sometimes more than fresh (processed at their peak ripeness)
 - Longer shelf-life than fresh produce
 - Less expensive
- Frozen Treats**
 - Sheltering in place doesn't mean having to deny yourself treats!
 - Ice cream and whole fruit popsicles
 - Practice mindful eating and pay attention to your hunger cues



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<https://wellness.kennesaw.edu>

MENTAL HEALTH

Managing Anxiety and Depression During COVID-19

a webinar hosted by
Counseling and Psychological Services

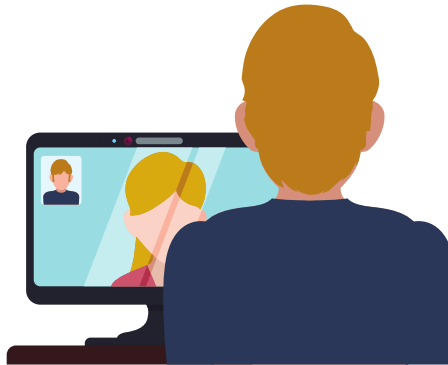
Managing Anxiety and Depression During COVID-19 webinar workshop will be informal, educational, with some chances for interaction with the counselor and other group members. These webinar workshops are not a therapy group, but they are designed to give you information and skills, and give you the opportunity to practice those skills on your own. This is a time of many changes and stress around the world and this webinar is designed to help you better understand potential signs of anxiety and depression, learn ways to cope, and provide resources. Visit our Owl Life page to learn more and RSVP.

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/>



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's monthly All Recovery Meeting will be held Monday 4/6 at 6:30 pm via Microsoft Teams. If you would like access to this meeting, please email recovery@kennesaw.edu

SLEEP TIPS

1. Avoid nicotine, caffeine, and alcohol.
2. Maintain a well-balanced diet.
3. Exercise daily, but not within 2-3 hours of bedtime
4. Go to bed and wake up around the same time every day, even on the weekends!
5. Make sure your bedroom is dark and cool (approx. 65°F)
6. Use a relaxation or white noise

Counseling

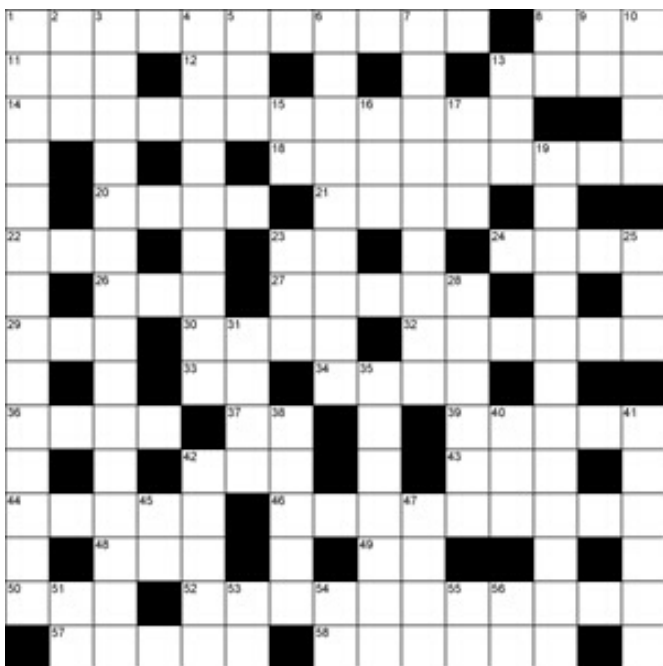
Counseling and Psychological Services is providing Telemental Health. For additional information please visit <https://counseling.kennesaw.edu>

The Center for Young Adult Addiction and Recovery is happy to still provide addiction counseling with our licensed clinical social worker. For additional information please email recovery@kennesaw.edu.



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EXERCISE YOUR MIND



Down:

- 1) Heart-related
- 2) Top of the line, with A
- 3) Not well
- 4) Diaphragm spasms
- 5) ___ existing condition
- 6) Exercise assistant
- 7) Compressed feeling
- 8) Head __ head
- 9) Chicago locale
- 10) Spa treatment substance
- 13) Total, for short
- 15) Word processor, for short
- 16) Italian, abbr.
- 17) Garden digger

- 19) Bone disease
- 23) Internet question
- 25) Chili or curry?
- 28) Muscle contractions
- 31) Skin problem
- 35) Tendency to stay put
- 38) Ocean kings?
- 40) Restaurant type
- 41) Making less painful
- 42) Jean material
- 45) Head __ head
- 47) Voices
- 51) ___ Sisterhood
- 53) Not applicable for short
- 54) Computer
- 55) Where it's ___
- 56) Taoist power

Across:

- 1) TV addict?
- 8) Muscle spasm
- 11) Columnist Landers
- 12) Infrared
- 13) Cost
- 14) Dietary goal
- 18) Disease investigation
- 20) Ginger or Taro
- 21) Romantic palm fruit?
- 22) No longer fashionable
- 23) Radio band
- 24) Minor irritation
- 26) Embrace
- 27) Green beans and mashed potatoes
- 29) Something we want to forget!
- 30) Entrance area
- 32) Brussels veggie
- 33) First state to secede from the Union
- 34) ___ Marie Presley
- 36) Food magician
- 37) Greensboro locale
- 39) Wrap around
- 42) The, German
- 43) Spoil
- 44) Starbucks' temptation
- 46) Small scrapes
- 48) Dear
- 49) Musical scale note
- 50) Bread type
- 52) Muse
- 57) Sweet smell
- 58) Levels of Indian society

Last weeks answers

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

Check back next week for the answers!



Free Public Wifi
and at home
resources to stay
connected.

Student Health Services:

Our Health & Well-Being Partner

Student Health Services is open regular business hours: 8:30am - 5pm Monday - Friday at all three 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/>

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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.