

# HEALTH & WELL-BEING

Weekly Virtual Programs, Tips, and Resources

## IN THIS ISSUE

CARE Virtual Pantry  
Become a PHE!

**PAGE 2**

Eating Seasonally

**PAGE 3**

Compete with other  
students virtually while  
staying fit!

**PAGE 4**

Your recovery questions  
answered.

Ways to prep for finals.

**PAGE 5**

Puzzles and Quizzes  
Financial Hardship

**PAGE 6**



## How are students coping?

BY TYLER RICKS, PEER HEALTH EDUCATOR

While social-distancing, I've found different ways to keep myself motivated and entertained. In uncertain times, it helps me to plan out my future. Researching graduate programs and my intended career field helps me to stay motivated through these times. To entertain myself, I go on walks around my neighborhood and play Animal Crossing.

*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

## VIRTUAL PANTRY

Kennesaw State University

# CARE SERVICES

In partnership with Kennesaw State University Department of Public Safety & University Police CARE Services will be providing a virtual pantry. In an effort to follow CDC and DPH guidelines, and ensure the safety of our students and staff, we are limiting physical access to the pantry. Instead, we are offering a virtual option where students will have the ability to pre-order the items they need and pick them up at a designated location. In order to receive items from the pantry, please go to the link seen below and follow the instructions. Our CARE team will do what we can to accommodate your requests, but please keep in mind that we operate mostly by donations, and as such may have limited or no supply for certain categories.

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!*

## Sexual Health Awareness Week

Peer Health OWL Q&A

You had the questions, we've got the answers! Tune in to the PHE Q&A to hear some of the things your fellow peers are wondering about sexual health.

[Rewatch the session on YouTube!](#)



## HPW PHOTO CHALLENGE

Snap a photo of the completed challenge each week to win a PRIZE!  
Tag [@KSUWellness](#) and use the hashtag [#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 - Study Space**  
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](mailto:wellctr@kennesaw.edu)

Live Well  
Live Well

Voting for the Intramural Sports Champion T-Shirt Design Contest will take place on the [@ksusportsrec](#) Instagram page Monday, April 20-Tuesday, April 21. Contest voting will close at 10AM! Help us declare a winner!

143 likes

2



# NUTRITION

**Nutrition Counseling**  
Counseling includes meeting one-on-one with a registered dietitian to discuss concerns. If interested, please email [tpham25@kennesaw.edu](mailto:tpham25@kennesaw.edu) to make a screening appointment.

Did you know you can eat seasonally year round (yes, even in winter)? Eating seasonally and locally year round can be exciting, flavorful, and more nutritious. What produce is in season for Georgians right now? Watch our video to pick seasonal Georgia produce.

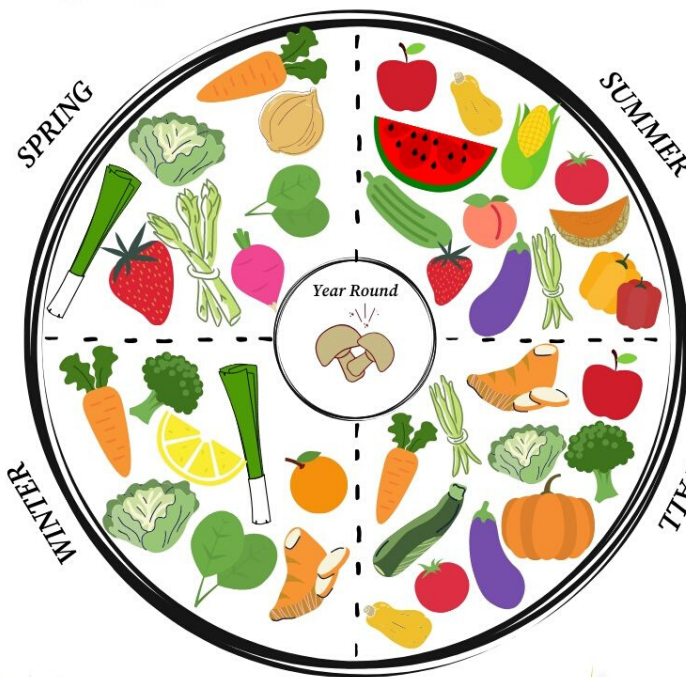
# EATING



# Seasonally



# IN GEORGIA



- Apples: Summer & Fall
- Asparagus: Spring
- Broccoli: Fall & Winter
- Brussel Sprouts: Winter
- Cabbage: Fall, Winter, Spring
- Cucumbers: Summer
- Carrots: Fall, Winter, Spring
- Corn: Summer
- Eggplant: Summer & Fall
- Green Onions: Winter & Spring
- Lemons: Winter
- Melons: Summer
- Mushrooms: Year Round
- Citrus Fruits: Winter
- Peaches: Summer
- Peppers: Summer
- Radishes: Spring
- Snap Beans: Summer & Fall
- Spinach: Winter & Spring
- Strawberries: Spring & Summer
- Sweet Potatoes: Fall & Winter
- Squash: Summer & Fall
- Tomatoes: Summer & Fall
- Vidalia Onions: Spring
- Zucchini: Fall



Sources:  
Georgia Organics Harvest Calendar (2014) [http://georgiaorganics.org/wp-content/uploads/2014/01/harvestcalendar\\_small.pdf](http://georgiaorganics.org/wp-content/uploads/2014/01/harvestcalendar_small.pdf)  
Bertone (2017) <https://www.farmflavor.com/georgia/whats-growing-georgia-produce-calendar/>

## COOKING CORNER



### EASY MEXICAN CASSEROLE

#### Ingredients

- 1 lb lean ground beef
- 2 cups salsa
- 1 (16 oz) can chili beans, drained
- 3 cups crushed tortilla chips
- 2 cups sour cream
- 1 (2 oz) can sliced black olives, drained
- 1/2 cup chopped green onion
- 1/2 chopped fresh tomato
- 2 cups shredded cheddar cheese

#### Directions

1. Preheat the oven to 350 degrees F. Lightly coat a 9x13 baking dish with cooking spray. Set aside
2. In a large skillet over medium-high heat, cook ground beef until no longer pink
3. Stir in salsa, reduce heat and simmer 20 minutes, or until liquid is absorbed
4. Stir in beans and heat through
5. Spread crushed tortilla chips in prepared baking dish. Spoon beef and bean mixture over chips. Spread sour cream over mixture and sprinkle with olives, green onion, and tomato. Top with cheddar cheese
6. Bake in preheated oven for 30 minutes or until hot and bubbly. ENJOY!

PREPARATION: 20 MINUTES  
COOK TIME: 30 MINUTES  
SERVES: 6  
SOURCE: ALLRECIPES.COM



### GUACAMOLE

#### Ingredients

- 3 avocados, peeled and pitted
- 1 lime, juiced
- 1 tsp salt
- 1/2 cup diced onion
- 3 TBSP chopped cilantro
- 2 plum tomatoes, diced
- 1 pinch ground cayenne pepper (optional)

#### Directions

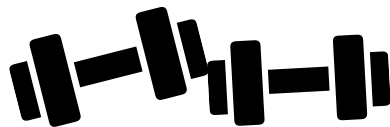
1. In a medium bowl, mash together avocado, lime juice, and salt
2. Add onion, cilantro, and tomatoes to avocado mixture. Stir in cayenne pepper if using
3. Cover with plastic wrap and refrigerate 1 hour for best flavor, or serve immediately

PREPARATION: 10 MINUTES  
SERVES: 4  
SOURCE: ALLRECIPES.COM





# FITNESS



Join Outdoor Adventure's challenges on Strava and support each other's quarantined activities with a kudos or a 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.



Get in a Total Body Stretch with our OwlFit Group Fitness Instructor, Ariana, on the [Sports and Recreation YouTube page!](#) There will be 8 stretches - hold each for 30 seconds. It is a great way to destress and relax. No equipment necessary.

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!](#)

# INTRAMURAL SPORTS TRICK SHOT CONTEST

## RULES

- 1) Use a ball to score some type of goal
- 2) Record the trick shot alone, but make sure you appear in the video
- 3) Post to social media and tag @KSUSportsRec

The two videos with the most likes by 4/23 will be pulled and voted on via Instagram!



# HEY!

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

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 (snap a photo or show us on your activity tracker)! Share on social, send us a direct message or send us an email to [sports\\_recreation@kennesaw.edu](mailto: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.





# MENTAL HEALTH



Rewatch the CYAAR Ask an expert Q&A on Instagram [@KSUWeDoRecover](#)

## Counseling

### 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

*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).

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



# 10 EFFECTIVE WAYS TO CALM NERVES BEFORE AN EXAM

### Practice Calmness

A few things you can do to settle nerves before taking a final are:

- color or doodle
- look outside
- work through a maze
- roll your feet over a golf ball

### Get Enough Sleep

Avoid all-nighters because studies show you test better after a good night's sleep. Lack of sleep can also lead to:

- memory problems
- diminished critical thinking skills
- anxiety
- nervousness

### Bathe in Epsom Salt

Epsom salt contains magnesium sulfate, which helps boost calming and relaxing feelings. Epsom salt baths have been shown to:

- lessen stress and anxiety
- lower blood pressure
- relieve minor aches and pains

### Try Aromatherapy

The most popular method of aromatherapy is through the breathing in of essential oils. Some of the most calming essential oils and scents are:

- Lavender
- Lemon or Yuzu
- Sage
- Jasmine

### Deep Breathing

While distressed or nervous, breathing patterns may change. It is important to focus on deep, slow breathing which can help manage nerves and reduce panic attacks before finals. Maybe even let out a sigh or two!

### Stretch to Relax

There are many different ways to stretch in the contexts of meditation and muscle relaxation. To calm nerves before an exam:

- forward bend towards toes
- reach arms high
- sit criss-cross with straight spine
- release tension from shoulders

### Practice Good Posture

Being mindful of good posture can open the lungs for better breathing that can help with anxiety management. Also, good posture can create a good self-image and boost confidence for test-taking.

### Speak Positively

Positive affirmation techniques can enhance feelings of self-esteem and confidence. "Autosuggestive" therapy, turning inward to concentrate on relaxing, can also aid in lowering pre-test stress and anxiety.

### Listen to Music

Jamming to your favorite tunes or enjoying a quiet melody prior to exam time can reduce nervousness and help find peace before testing.

### Keep Prospective

Prepare and study hard, but remember that there is life after a big test. Take it easy, be patient with yourself and just do the best you can!

# EXERCISE YOUR MIND

	7	6		2		4	8	
3		4	6	7	8			
	8	2		4	3		7	5
	9	1	4				5	2
		5	1	9		7		8
	2	8			5		9	4
2	6	3			4		1	9
8	1	9	2	3	6	5		
5			8	1		2	3	6

## NY Times Quiz

[Click here](#) to test your knowledge of the week's headlines!

### Last weeks answers

- |            |                   |
|------------|-------------------|
| HLTHEA     | <u>HEALTH</u>     |
| ESLSNLEW   | <u>WELLNESS</u>   |
| NQNITREAAU | <u>QUARANTINE</u> |
| UWOTROK    | <u>WORKOUT</u>    |
| SGEHTW     | <u>WEIGHTS</u>    |
| UINRNG     | <u>RUNNING</u>    |
| LTARIS     | <u>TRAILS</u>     |
| AMIIOEDTTN | <u>MEDITATION</u> |
| NOINUTITR  | <u>NUTRITION</u>  |
| DUTENRAEV  | <u>ADVENTURE</u>  |
| ENISFTS    | <u>FITNESS</u>    |
| SINCONGUEL | <u>COUNSELING</u> |
| EYRVERCO   | <u>RECOVERY</u>   |
| OMOZ       | <u>ZOOM</u>       |
| ULTAIRV    | <u>VIRTUAL</u>    |

Check back next week for the answers!

## 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/>

## Student Health Services:

### Our Health & Well-Being Partner

Student Health Services is open regular business hours: 8:30am - 5pm Monday - Friday at all 3 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/>



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

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Counseling and Psychological Services



CARE Services



Center for Young Adult Addiction and Recovery



KENNESAW STATE UNIVERSITY

DIVISION OF STUDENT AFFAIRS

## SUGGESTION BOX

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls  
wellctr@kennesaw.edu.