

# HEALTH & WELL-BEING

Weekly Virtual Programs, Tips, and Resources

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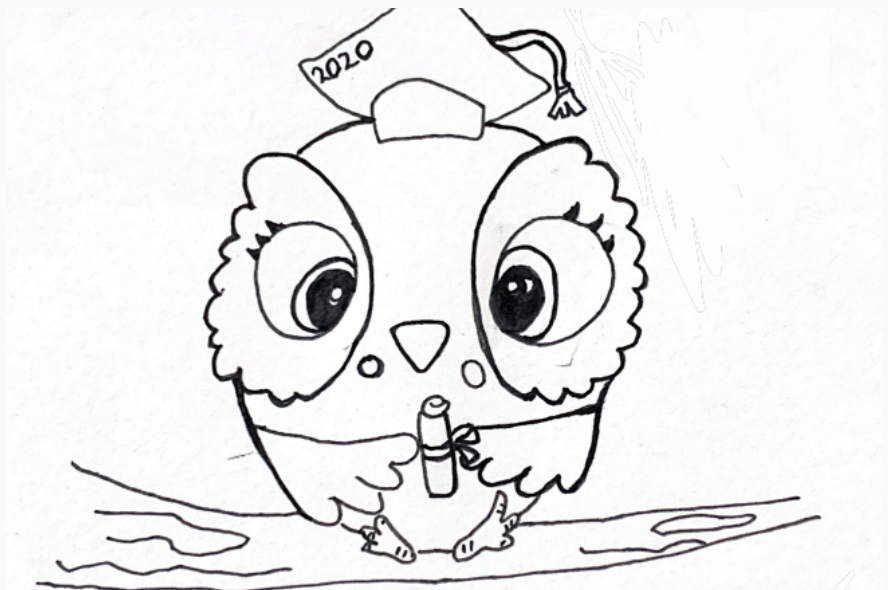
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**TAKE OUR  
NEWSLETTER  
SURVEY**

<https://bit.ly/HWBSurvey>



## KSU Student Highlight

DESIGNS BY FRANKIE BERRYMAN

As we are discovering daily, sheltering-in-place has not stopped KSU students from expressing their creativity. Frankie Berryman, a sophomore who is pursuing degrees in psychology and art education, creates coloring pages to help others escape from the daily pressures of life. Researchers and art therapists alike have touted the amazing calming benefits of coloring for years. Is it time for you to give it a try?

[Download Frankie's KSU coloring pages here.](#)

*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



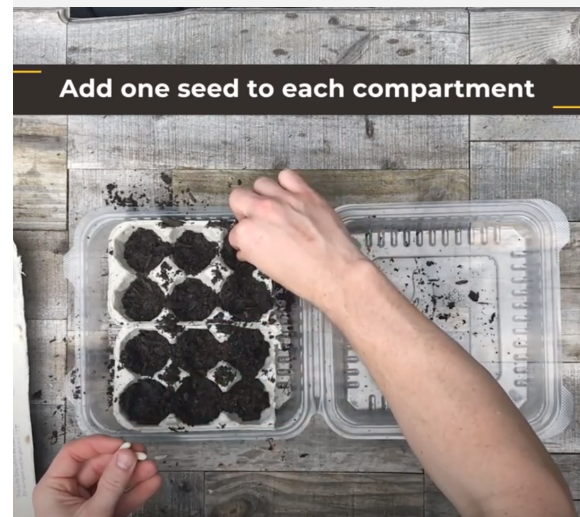
Do you have a passion for wellness? Do you want to improve the health and well-being of students on campus? Join our team of Peer Health Educators and enhance your leadership skills, improve your public speaking skills, and meet like-minded students with a passion for a healthier campus. Apply today!

## CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY IS OFFERING VIRTUAL NALOXONE TRAINING!

Naloxone is used to reverse opioid overdose. KSU community members who would like to be trained in how to identify an opioid overdose, how to administer Naloxone, and be provided a free Naloxone kit can sign up for free training. Naloxone kits will be mailed to KSU community members who are located in Georgia. Kits will also be available to be picked up when campus resumes in-person classes for those who complete virtual training. To sign up, please visit [Owl Life](#) or search "naloxone" on Owl Life.



Did you know that May is water safety month? Water safety is not just for pools - be safe on, near or around the water. Bring water safety into your home with NEW online learning tools from the Aquatics program. Lessons structured for youth and adults with new lessons brought to you each week May - June 2020! Lessons are based on the Whale Tales program from the American Red Cross .



Interested in starting a garden? Let the Outdoor Adventures Team at Kennesaw State University show you how!





# NUTRITION

## NUTRITION COUNSELING

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

## COME SIT WITH US!

Enjoy a supportive virtual lunch hour on Friday, May 15 from 12-1 pm to discuss how you are preparing for summer classes. Hosted through Teams by Health Promotion and Wellness' registered dietitian, [Trang Pham](#), and Collegiate Recovery Program Coordinator, [Jessica Medovich](#).

Open to all KSU students.

**RSVP Required.** To register:

[jnm4706@kennesaw.edu](mailto:jnm4706@kennesaw.edu) or

[tpham25@kennesaw.edu](mailto:tpham25@kennesaw.edu)



## COOKING CORNER



Photo by Yummy Healthy Easy

### GRILLED FRUIT SKEWERS WITH YOGURT DIPPING SAUCE

#### Ingredients

- 4 cups fruit (nectarines, peaches, pineapple, etc.) chopped roughly the same size
- **Cinnamon Glaze:** 4 Tablespoons honey; 1/4 teaspoon ground cinnamon
- **Yogurt Dip:** 1 5.3 oz. non-fat Greek vanilla yogurt; 2 Tablespoons honey; 1/4 teaspoon ground cinnamon; 1/8 teaspoon vanilla extract; 1/8 teaspoon cinnamon
- wooden skewers

#### Directions

1. Soak skewers in water and preheat grill to medium-high
2. In small bowl, mix together honey and cinnamon. Thread fruit onto soaked skewers. Brush with cinnamon glaze
3. Place skewers on preheated grill and cook with lid closed for about 5 minutes. Turn skewers over and continue cooking on the other side for 3-5 minutes or until softened. Remove skewers from grill and keep warm
4. Combine ingredients for yogurt dip. Serve with warm fruit skewers

**TOTAL TIME: 25 MINUTES**  
**SERVINGS: 4**  
**SOURCE: YUMMY HEALTHY EASY**



## NUTRITION RESOURCES

### DIETITIANS' TOP PICKS

## PODCASTS

- Love, Food with Julie Duffy Dillon
- All Fired Up! with Louise Adams
- The Mindful Dietitian with Fiona Sutherland
- Food Psych with Christy Harrison, MPH, RD, LD
- Dietitians Unplugged Podcast
- Nutrition Matters with Paige Smathers, RDN, CD
- RD Real Talk with Heather Caplan

## SOCIAL MEDIA

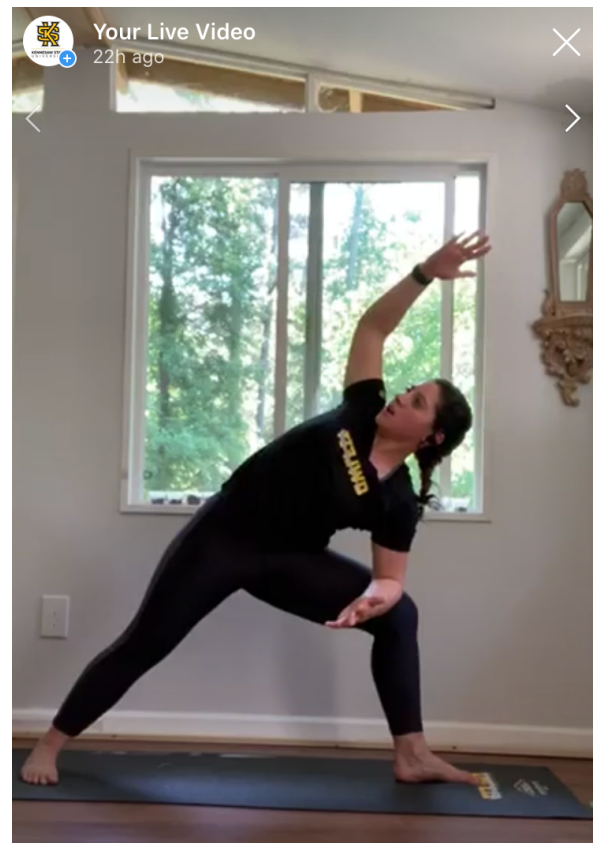
- Anna Sweeney, @dietitiananna (Instagram)
- Marci Evans, @marcird (Instagram)
- Diversify Dietetics, @diversifydietetics (Instagram)
- Moderation Movement (Facebook)
- Bethany Wheeler, @bethanydietitian (Facebook & Instagram)
- Megan Medrano, @runwhole.nutrition (Instagram)
- @youaintyourweight (Instagram)
- Aaron Flores, RD (Facebook & Instagram)
- Body Positive Australia (Facebook & Instagram)
- Figureate Dietitian (Facebook)
- AmIHungry? (Facebook)



## STRETCH OF THE WEEK



Sun Salutations is a sequence of yoga poses often used at the beginning of a yoga practice to create heat in the body and warm it up! It is a series of movements that helps to lengthen and stretch the body through flexing and extending the muscles. You don't need to be a seasoned yogi to do it! Mimic the movement above for 12 full rounds to relax, recover and release stress! Namaste!



## Spell Your Name & Get Moving!

- |                                     |                             |
|-------------------------------------|-----------------------------|
| A - 50 jumping jacks                | N - 1 min plank up on hands |
| B - 10, 30 second planks            | O - 25 high knees           |
| C - 3 min jump rope                 | P - 12 tricep push-up       |
| D - 30 hip lifts in bridge position | Q - 50 alternating punches  |
| E - 50 alternating side bends       | R - 25 squat with kick      |
| F - 1 min side planks               | S - 50 jumps side to side   |
| G - 1 min plank with hip twists     | T - 50 arm circles          |
| H - 25 squats                       | U - 10 burpees              |
| I - 30 alternating leg lunges       | V - 1 min plank elbows      |
| J - 20 tricep dips                  | W - 25 jumping jacks        |
| K - 20 pushups                      | X - 25 uppercuts            |
| L - 50 squats in open position      | Y - 30 second wall sit      |
| M - 50 calf raises                  | Z - 50 sit-ups              |

## OwlFit Group Fitness Live

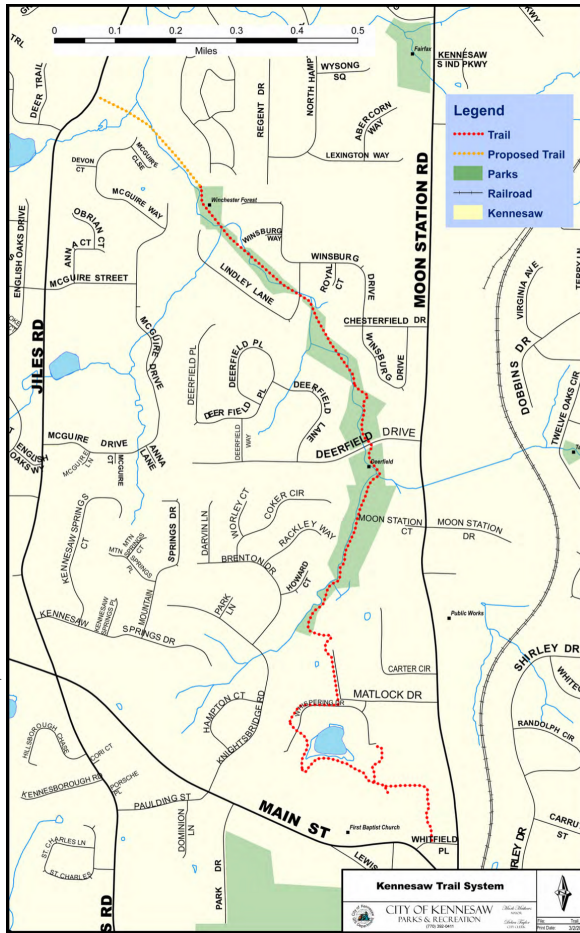
Missing your favorite OwlFit group fitness classes? Looking for at-home workouts? Sports and Recreation is now offering LIVE OwlFit Group Fitness classes on *Instagram* each week! Each class will be 30 minutes long with a new schedule published weekly on our virtual programs page. Join in on the fun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



# MENTAL HEALTH

## NURTURE IN NATURE

Are you feeling stressed from finals? Shut down your technology and get outside to let nature brighten your mood. Research shows that being in nature reduces anger, fear, and stress and increases pleasant feelings. Discover some of the great trails around Kennesaw. The trails run along several creeks and vary from paved, crushed stone, and mulch paths that are great for walking, running, or biking.



Another great way to get outside is to try Geocaching. A global scavenger hunt that involves finding hidden geocaches with the help of the Geocaching app or a Global Positioning System (GPS) receiver. Make sure to bring little treasures with you on your hike because the basic rules are to take something and leave something when you find them. Kennesaw's trail system has multiple hidden geocaches on the trails.

Bring the outdoors in with a simple plant in a room can have a significant impact on stress and anxiety. For more ways nature can help reduce stress read this great article.

## Center for Young Adult Addiction and Recovery Meetings

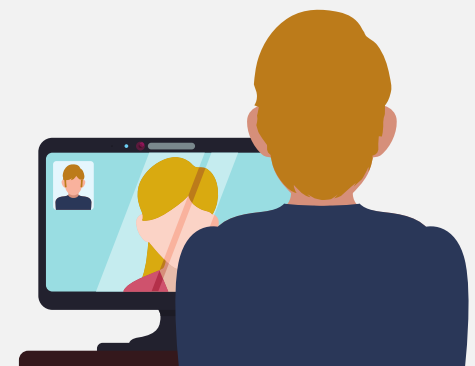
*The CYAAR is hosting virtual AA meetings on Tuesdays at 12:30 pm*  
[Click here for Zoom Meeting.](#)

*The CYAAR is hosting virtual EDA meetings on Wednesdays at 6:30 pm*  
[Click Here for Zoom Meeting.](#)

## Counseling

*Since the start of the COVID -19 quarantine, Counseling & Psychological Services (CPS) has had to make some rapid adjustments to continue providing personal counseling to KSU students. We quickly developed our own space on Microsoft Teams, and within three workdays were up and running with virtual counseling. The system is free for KSU students and just requires a download onto a computer or other electronic device. The counseling provided can surround academic concerns, family issues, depression or anxiety about the virus or anything else. Although we are not currently on campus, personal help is still available; details are available on the CPS website: [TeleMental Health - Virtual Counseling](#)*

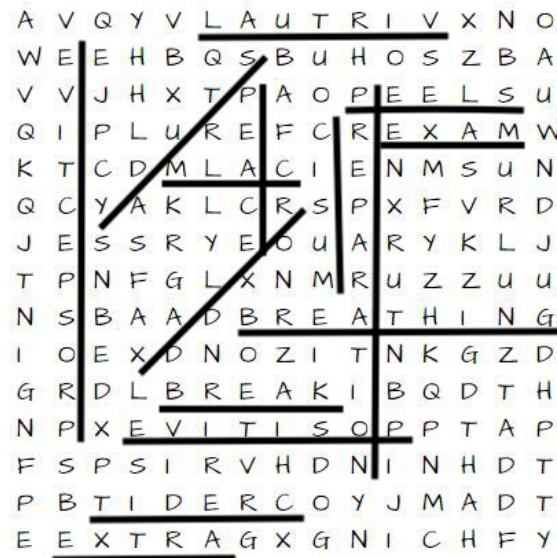
*The Center for Young Adult Addiction and Recovery offers counseling services for students in recovery and to those recovery curious students struggling with substance misuse and process dependency (gambling, eating disorders, gaming). We allow students to explore change. For additional information, please email [recovery@kennesaw.edu](mailto:recovery@kennesaw.edu).*



# EXERCISE YOUR MIND

Last weeks answers

1. The 3 macronutrients from your diet that provide energy are carbohydrates, fat, and TROPINE.
2. A ARLICESO is a measure of energy in food.
3. RSERYBADCTAHO are great sources of energy in fruits and vegetables.
4. Eating foods that are high in TREADATUS fats can raise the level of cholesterol in your blood.
5. Unsaturated fats are DIQILU at room temperature.
6. OREPTNI is essential for the maintenance and building of body tissues and muscle.
7. IYTEADR RFBIE is the part of plant foods that we cannot digest. They are found in whole grains, fruits, vegetables, nuts, and seeds.
8. Having a well-balanced diet means eating a ARTVYIE of foods from different food groups daily and in the recommended amounts.



Check back next week for the answers!



## TAKE OUR NEWSLETTER SURVEY

<https://bit.ly/HWBSurvey>



Free Public Wifi  
and at home  
resources to stay  
connected.

## 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/>

For the latest COVID-19 updates visit: <https://coronavirus.kennesaw.edu/>

## Follow us

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Center for Young Adult Addiction and Recovery



KENNESAW STATE UNIVERSITY

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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.