

HEALTH & WELL-BEING

Weekly Virtual Programs, Tips, and Resources

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**TAKE OUR
NEWSLETTER
SURVEY**

<https://bit.ly/HWBSurvey>



Red potatoes grown in KSU student, Mark Cooper's garden.

GET YOUR GROW ON!

KSU students continue to stay safe by staying home and filling their time with projects such as gardening. Mark Cooper has tripled the size of his backyard garden while shelter in place, and he says that it has helped with his anxiety substantially. Creating a garden at home, whether it's a few pots on your porch or a piece of your backyard, has many benefits to your health and well-being. There have been multiple studies that show gardening can help decrease depression and anxiety¹, eat healthier, save money, and get more exercise².

[Get started with your own garden with this helpful video!](#)

Source 1: <https://www.anxiety.org/gardening-helps-reduce-symptoms-of-anxiety-and-depression>
2: <https://www.unh.edu/healthyunh/blog/nutrition/2018/05/5-reasons-grow-your-own-food>



**KENNESAW STATE
UNIVERSITY**

DIVISION OF STUDENT AFFAIRS

*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

Helpful Hacks to Return to Study Mode



1.) GET INTO A ROUTINE AND BE REALISTIC

Dedicate times to do different activities whether it is sleeping, school work, or work, so that you won't be overwhelmed.

2.) USE A PLANNER

When you receive all of your due dates in the beginning of the semester use a planner to map out when each assignment needs to be started and completed.



3.) START SMALL

For big assignments, break all activities into smaller parts so you don't get overwhelmed.

4.) STUDY A LITTLE EVERYDAY

Instead of cramming for tests, studying a little everyday will allow you to better understand material during class, and to make studying for tests go more smoothly.



5.) DON'T LET A BAD GRADE GET YOU DOWN

A rough start to the semester won't necessarily affect your GPA. Be proactive and take necessary actions.

Virtual Lunch Table

June 19th, 12-1 pm

A supportive lunch hour to provide a safe space for community, stress management discussions, and informal nutrition support.

[Register here.](#)



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!](#)



Bring water safety into your home! Water safety is not just for pools - be safe on, near or around the water. Bring water safety into your home with these online learning tools. Lessons structured for youth and adults with new lessons brought to you each week May - June 2020! Lessons are based on the American Red Cross's Whale Tales program. This week's lesson will be "Reach, Throw or Don't Go!"

NUTRITION

HOW TO SPOT A FAD DIET



KSU Dietitian, Trang Pham, answers questions and offers tips on how to spot a fad diet in the latest Nutrition Workshop. [Rewatch the video here.](#)

COOKING CORNER



STRAWBERRY BANANA SMOOTHIE MEAL PREP

Ingredients

- 2 cups strawberry, sliced
- 1 banana, sliced
- 1 ½ cups milk, of choice
- 1 cup plain greek yogurt

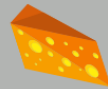
Directions

1. Put fruit in a freezer bag.
2. Seal and store in freezer for up to 8 -12 months.
3. When ready to use, put milk, Greek yogurt, and frozen fruit into a blender and mix until consistency is smooth.
4. Enjoy!

TOTAL TIME: 5 MINUTES
SERVINGS: 2
SOURCE: TASTY.CO



JUNE IS NATIONAL DAIRY MONTH!



CELEBRATE WITH THESE FUN IDEAS



Throw a Virtual Ice Cream Party

Connect with friends over a yummy treat while adding some potassium, calcium, and protein to your diet.



Take a Virtual Field Trip to a Dairy Farm

See how the process works from beginning to end. <https://www.discoverundeniablydairy.com/virtual-field-trip>



Get More with Milk!

Use as a post-workout drink to help tired muscles recover more quickly.



Test Your Legend-DAIRY Knowledge with a Cow Quiz

<https://www.usdairy.com/news-articles/how-much-do-you-know-about-dairy-cows>



Have a milk mustache contest and share your pictures with us!



FITNESS

OWLFIT FLEXIBILITY CHALLENGE

Feeling body aches and tightness from the quarantine? Join the OwlFit Flexibility Challenge to improve your total body flexibility. This 30 day challenge includes a collection of stretches and yoga poses that will guide you through flexibility and mobility work for all parts of the body! Complete this challenge to win a FREE spot in one of OwlFit's Small Group Coaching Programs in July (Bootcamp or Cardio-Strength and Mobility)! Perform each stretch routine for each day of the month. Each pose will be held for approximately 30 seconds. Don't forget to stretch each side!

The rules are simple!

1. Check @KSUSportsRec for the Flex Stretch Images of the Day
2. Tag @KSUSportsRec in at least one picture or video each week of you doing your flexibility workout using the hashtag #OwlFitFlexChallenge
Hint: The more you post the more likely you are to win!
3. Participants who complete the challenge will be entered into a raffle to win a FREE spot in one of OwlFit's July Small Group Coaching Programs (Bootcamp, or Cardio Strength and Mobility).

OWLFIT

JUNE 2020 30 Day Flexibility Challenge

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|---|
| | Legs and Hips - Runners lunge (both sides) - Side lunge (both sides) - Butterfly | 1 Back - Cat / Cow - Downward dog - Wide knee child's Pose | 2 Chest and Shoulders - Standing chest expansion - Cow face pose - Wall downward dog | 3 Full Body Mix - Side reach (both sides) - Forward fold with chest expansion - Plie reach | 4 Legs and Hips - Low lunge (both sides) - Pyramid pose (both sides) - Half split stretch (both sides) | 5 Back - Forward fold - Bridge pose - Supine spinal twist (both sides) |
| 6 Chest and Shoulders - Overhead triceps and shoulder stretch (both sides) - Doorway pectoral stretch - Thread the needle (both sides) | 7 Full Body Mix - Runners lunge with reach and twist (both sides) - Downward dog - Cobra | 8 Legs and Hips - Kneeling quad stretch - Reclined pigeon pose - Reclined hamstring stretch | 9 Back - Standing forward bend - Back flexion stretch - Cobra | 10 Chest and Shoulders - AT THE WALL - Wall chest stretch (30 secs per side) - Upside down cactus stretch (30 secs per side) - Wall prayer stretch (30 sec) | 11 Full Body Mix - Standing side bend - Active hamstring stretch - Kneeling quad stretch | 12 Legs and Hips - Runners lunge (both sides) - Side lunge (both sides) - Butterfly |
| 13 Back - Cat / Cow - Downward dog - Wide knee child's Pose | 14 Chest and Shoulders - Standing chest expansion - Cow face pose - Wall downward dog | 15 Full Body Mix - Side reach (both sides) - Forward fold with chest expansion - Plie reach | 16 Legs and Hips - Low lunge (both sides) - Pyramid pose (both sides) - Half split stretch (both sides) | 17 Back - Forward fold - Bridge pose - Supine spinal twist (both sides) | 18 Chest and Shoulders - Overhead triceps and shoulder stretch (both sides) - Doorway pectoral stretch - Thread the needle (both sides) | 19 Full Body Mix - Runners lunge with reach and twist (both sides) - Downward dog - Cobra |
| 20 Legs and Hips - Kneeling quad stretch - Reclined pigeon pose - Reclined hamstring stretch | 21 Back - Standing forward bend - Back flexion stretch - Cobra | 22 Chest and Shoulders - AT THE WALL - Wall chest stretch (30 secs per side) - Upside down cactus stretch (30 secs per side) - Wall prayer stretch (30 sec) | 23 Full Body Mix - Standing side bend - Active hamstring stretch - Kneeling quad stretch | 24 Legs and Hips - Runners lunge (both sides) - Side lunge (both sides) - Butterfly | 25 Back - Cat / Cow - Downward dog - Wide knee child's Pose | 26 Chest and Shoulders - Standing chest expansion - Cow face pose - Wall downward dog |
| 27 Full Body Mix - Side reach (both sides) - Forward fold with chest expansion - Plie reach | 28 Legs and Hips - Low lunge (both sides) - Pyramid pose (both sides) - Half split stretch (both sides) | 29 Back - Forward fold - Bridge pose - Supine spinal twist (both sides) | 30 | | | |



@ksusportsrec



KENNESAW STATE UNIVERSITY
DIVISION OF STUDENT AFFAIRS
Sports and Recreation

sportsrec.kennesaw.edu/owlfit
owlfit@kennesaw.edu

You'll be able to find this challenge on Instagram, Twitter & Facebook!
The full calendar can be found on our website!



ADVENTURE ANYWHERE SHOUT-OUT

Name:

Nicole B.

My current favorite trail/route:

Pine Log MTB Trail

Activities:

Gravel riding, road riding or MTB

Total Number of Minutes/Hours:

75 hours

Current Rank in Challenge

1st

ADVENTURE ANYWHERE CHALLENGE

Together we are strong. We have set a goal to reach 2,020 hours of collective activity time. You choose the activity, log your ride, run, hike, walk in Strava. We will provide updates each week on where we are adventuring as well as how many hours we have contributed as a community. As of 5/29/2020, we have reached 788.5 hours! To have your activity count, join the Outdoor Adventures Strava Club. Shout-out to Nicole B., one of our participants who is crushing the challenge! Outdoor Adventures Strava Club.



WORKOUT TO GO

Workouts to Go provides you with a customized personal training program that you can do on your own. A Personal Trainer will work with you to create the perfect 4-week training program based on your health and fitness goals. Find out how to get started by visiting our website!

"DOES IT COUNT?"

Student Disability Services and What's Available to You

KSU Student Disability Services

NOT ALL DISABILITIES ARE VISIBLE...



Disabilities can be visible or invisible-- and most are the latter!

EXAMPLES OF DISABILITIES



Autism Spectrum Disorder
Post-Traumatic Stress Disorder
Anxiety/Depression
Dyslexia/Dyspraxia/Dyscalculia, etc
ADHD
Epilepsy
Diabetes
Lupus
Cystic Fibrosis
Visual/Hearing Impairments
and more...

WHAT'S AVAILABLE TO YOU

Reasonable accommodations may include:

- extended test time
- reduced distraction testing
- audio recorded lectures
- preferential seating
- help finding note-takers
- sign language interpreting
- real-time captioning services
- textbook and course materials in accessible format
- And more!



GET STARTED!

Visit sds.kennesaw.edu to review our "Getting Started" tab



Questions?

Contact us at sds@kennesaw.edu
or give us a call:
(470) 578-2666 (Kennesaw Campus)
(470) 578-7361 (Marietta Campus)

TAKE A DEEP BREATH

DEEP BREATHING HAS MORE BENEFITS THAN JUST RELIEVING STRESS

DID YOU KNOW

FUN FACT: 5 TO 10 MINUTES OF EVERY DAY SHOULD BE DEDICATED TO PRACTICING DEEP BREATHING

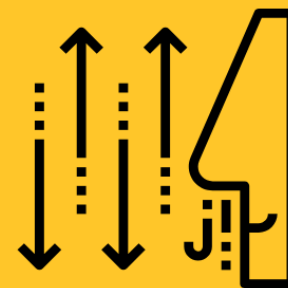


BENEFITS OF DEEP BREATHING

1. LOWERS BLOOD PRESSURE
2. INCREASES ENERGY
3. IMPROVES DIGESTION
4. RELIEVES PAIN
5. INCREASES CALMNESS
6. DETOXIFIES THE BODY

EXAMPLES OF DEEP BREATHING EXERCISES

1. PILATES
2. YOGA
3. MEDITATION



TIPS FOR PRACTICING BETTER BREATHING

1. SIT UP STRAIGHT
2. WALK TALL
3. DEDICATE TIME EACH DAY FOR DEEP BREATHING
4. FOCUS ON PUSHING YOUR ABDOMINAL AREA IN AND OUT TO IMPROVE WHEN DEEP BREATHING

Source: <https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response> and Health Living by Dr. Andrew Weil



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Health Promotion and Wellness

Peer Health OWLS
Outreach & Wellness Leaders

KSU VIRTUAL COUNSELING

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

Since the start of the COVID-19 quarantine, Counseling & Psychological Services (CPS) has made some rapid adjustments to continue providing personal counseling to KSU students. 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](#)



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.

CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY MEETINGS

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

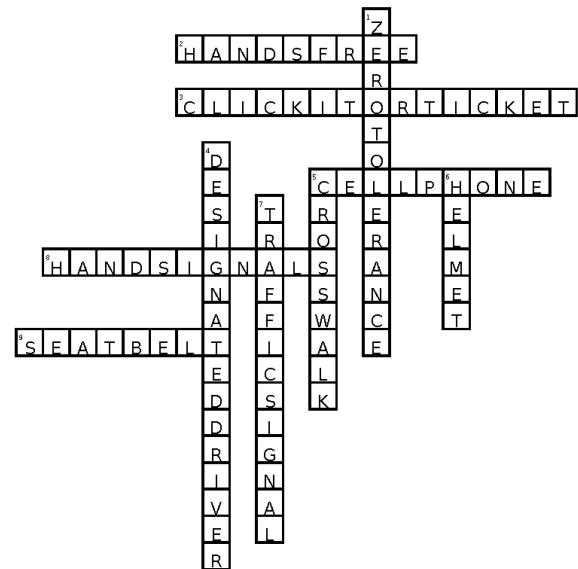
The CYAAR is hosting virtual Eating Disorder Anonymous meetings on Wednesdays at 6:30 pm
[Click Here for Zoom Meeting.](#)



EXERCISE YOUR MIND

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

Answers from May 26



TAKE OUR
NEWSLETTER
SURVEY

<https://bit.ly/HWBSurvey>

Check back June 29 for
answers!

Student Disability Services

Student Disability Services remains committed to supporting students with disabilities and ensuring equal access to educational opportunities at KSU. Based on recommendations to limit personal contact, our office will work in a remote capacity, Monday through Friday, 8:00 am - 5:00 pm until further notice. To contact us, please email sds@kennesaw.edu. Appointments with Disability Service Providers and Academic Coaches will be conducted through Microsoft Teams. Please make sure you have downloaded Teams to your preferred device. Visit our website at sds.kennesaw.edu for a link with instructions on how to download Teams. Need to apply for accommodations? Review the [Getting Started Overview](#) tab on our website for instructions.

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://emergencyassistance.kennesaw.edu/>

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



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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.