

# HEALTH & WELL-BEING

Weekly Virtual Programs, Tips, and Resources

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**TAKE OUR  
NEWSLETTER  
SURVEY**

<https://bit.ly/HWBSurvey>

## Reacting to the Racially Charged Protests

We are witnessing an unprecedented focus on racial conflicts that have long plagued the American sociopolitical scene. Protests about these racial differences have become highly charged, with dramatic and disturbing images proliferating daily. In such a climate it can be hard to determine what to watch let alone what to do.



Individuals, who are only human, can feel overwhelmed by the situation and find themselves struggling to manage the added impact when the routine cares of life take their own toll. In such times, it is often emotionally healthy to pace yourself and the time that you give to watching related material. You may want to find ways to be involved directly, such as writing, posting images, or engaging in non-violent protesting (physically distanced, of course). Whatever you do, remember that it is mentally healthy to take breaks when you need to and come back to such issues when you feel emotionally ready. If you find you need support, visit the [Counseling and Psychological Services website](#) for directions on how to schedule an appointment.



**KENNESAW STATE  
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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



Join in on some friendly competition through ESports, trivia or other online games. These sports will be self-scheduled by the teams. Team creation opens on Monday, June 22 - Register at [mysportsrec.kennesaw.edu](https://mysportsrec.kennesaw.edu)



## June 29 - July 30

**GAMING ROOM**

Weekly **TRIVIA** Night

Team Creation Close: July 30  
Register at [mysportsrec.kennesaw.edu](https://mysportsrec.kennesaw.edu)



## Ask the PHEs

DO YOU HAVE ANY PRESSING QUESTIONS RELATED TO ALCOHOL, TOBACCO, AND OTHER DRUGS? **CLICK THIS IMAGE TO SUBMIT YOUR QUESTIONS**

FOLLOW @KSUWELLNESS TO SEE YOUR QUESTIONS ANSWERED!



## 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](mailto: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](https://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.

# ALCOHOL AWARENESS WEEK



6/22-6/26

Tag your photos on Instagram with #KSUWellness or @KSUWellness



**Monday**

“Put underage drinking to sleep”  
-wear pajamas

**Tuesday**

“You’re too bright to drink & drive”  
-wear neon clothing

**Wednesday**

“Let’s join the fight against drinking & driving”  
-wear superhero clothing

**Thursday**

“Rally in black or gold against drinking & driving”  
-wear KSU colors clothing

**Friday**

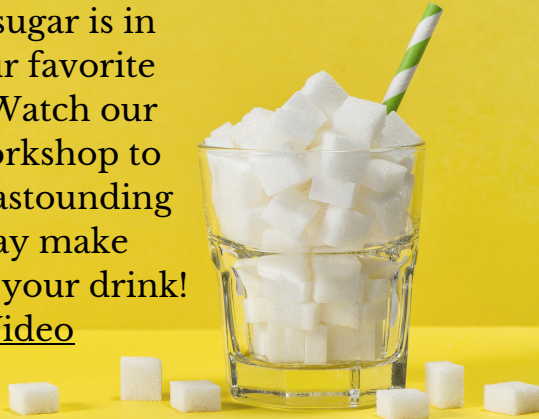
“Team up against underage drinking & drunk driving”  
-wear sports team clothing



# NUTRITION

## Rethink Your Drink

How much sugar is in some of your favorite beverages? Watch our nutrition workshop to learn some astounding facts that may make you rethink your drink! [Watch the Video](#)



See how much sugar is hiding in your favorite drinks. [Click Here](#)

## COOKING CORNER



# CAMPING RECIPES

## All in One Power Energy Balls

Makes about 8 energy balls

If you have ever been on a road trip, hike or bike ride with me you know my go to snack is an all in one power ball. All in one power balls pack a punch and cure my sweet tooth. These clean sweet treats are packed full of goodness and energy for rides, hikes or runs. The best part is you can do all the 'dirty work' ahead of time and store them away until you're off for your adventure. All you need are the ingredients below, a mixing bowl, spatula or spoon and a blender or food processor.

### Ingredients

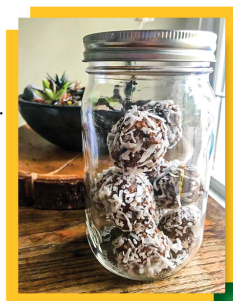
- 2½ cups pitted dates or raisins
- 1 cup raw almonds (cashews, walnuts or pecans work great too)
- ½ cup chocolate or vanilla protein powder
- ½ cup MCT oil or melted coconut oil
- ½ cup oatmeal
- ½ cup almond or peanut butter
- Honey or maple syrup (optional to sweeten or thicken mixture)
- 1 cup shredded coconut

### Instructions

Combine all ingredients in a bowl and stir together just to make it a little easier on the blending process.

Depending on the size of your blender or food processor blend all the ingredients together in batches. Blend the mixture for a minute or two; periodically stop the process to scrape down the edges of the blender. If your mixture is too dry try adding more oil, nut butter or honey. If it is too moist, try adding more nuts or oatmeal.

Once the mixture is sticky and well blended roll into balls 1½ inch balls. Roll each ball in shredded coconut until well coated. Enjoy right away or store in the refrigerator for up to 2 weeks.



## EXERCISE HYDRATION

Physical activity is important to overall health and wellness.

### Benefits of Daily Exercise:

- Improves mental health and mood
- Increases energy levels
- Reduces risks of chronic diseases

### Adequate Hydration & Exercise:

- Prevents dehydration
- Lessens fatigue
- Reduces cardiovascular stress
- Regulates body temperature
- Improves performance



### Proper Workout Hydration:

- PRIOR to workout: Drink fluids throughout the day and within 1 hour before working out
- DURING workout: Replace sweat loss by drinking fluids regularly
- AFTER workout: Re-hydrate to replace fluid loss during exercise

### Fluids and Workouts:

- During and After Exercise
  - Replace fluids early and often, especially in hot environments
- <60 Minutes, Low-Moderate Intensity Workouts
  - Water is a great choice before, during and after
- >60 minutes, Moderate-High Intensity Activity
  - Sports drinks (6-8% carbohydrate) are good options for replacing carbohydrate and electrolytes



Source: <https://www.eatright.org/fitness/sports-and-performance/hydrate-right/exercise-safely-in-hot-weather>



# FITNESS

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!

## LIVE OWLFIT INSTAGRAM WORKOUTS!

MONDAY JUNE 22	TUESDAY JUNE 23	WEDNESDAY JUNE 24	THURSDAY JUNE 25
12:30PM YOGA	12:30PM FULL BODY CIRCUIT	12:30PM KICKBOXING	12:30PM TOTAL CORE
5:30PM HIP HOP TONING	5:30PM RECOVER & STRETCH	5:30PM FULL BODY STRENGTH	5:30PM DANCE FITNESS

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' Whale Tales program. This week's lesson will be "Wave Tide or Ride" All recreational water activities have rules and guides that must be followed for safety. Always take the time to familiarize yourself with the rules and safety precautions, before engaging in water activities.

# FIT IN 15 2 Rounds / 30-60 sec rest

## Plyometric Cardio Blast

Burpees	5 reps
Jump Squats	5 reps
Side Skaters/Lateral Shuffles	10 reps
Reverse Lunges (R/L)	5 reps
Up-Down Planks	5 reps
Mountain Climbers	10 reps

\*Modify by eliminating jumps in each exercise

Get your heart pumping with this Plyometric Cardio Blast! You can modify this by eliminating the jumps in each exercise!



# WAVE TIDE OR RIDE



# ARE YOU CONCERNED ABOUT A FRIEND'S SUBSTANCE USE?

- Does the person use substances more frequently, in larger amounts, or for longer periods than intended?
- Has the person tried to stop using substances and found it difficult or impossible?
- Do they spend a lot of time or energy in obtaining , using, or recovering from substance use?
- Has the person experienced negative mental, emotional, or physical symptoms from trying to quit?
- Does the person report craving or feeling like they "have to" use the substance?
- Do they continue to use substances, even when they experience consequences or additional problems as a result of their use?
- Have they changed friends, activities, or values in a negative way?

If the answer to any of these questions is "yes", then the person may want help. Substance use issues can present in a variety of ways, and can require different approaches to support.

## HOW TO TALK TO A LOVED ONE

**Try to talk to your friend or loved one when they are sober.**

If they are intoxicated, they may be less receptive.

**Be careful not to judge.**

Remember, your loved one may be dealing with a disease, and blaming or criticizing has never been known to cure an illness .

**Honestly share how you feel.**

"I" statements generally feel less threatening and are harder to ignore.

**Offer to help.**

Many people struggling with substance use feel alone or like no one understands.

**Ask a friend.**

If you know someone in recovery, consider arranging for them to speak to your loved one.

## IF THEY WANT HELP

- Suggest they talk to a professional
- Offer to help them find treatment options that will work for them
- Offer to accompany them to a support meeting
- Suggest they speak with a friend in recovery
- Remember, there are resources available for those looking for help

## IF THEY DON'T

Sometimes, the person you are worried about does not share your concern. That can be difficult, but remember, you have still planted a seed, and your continued concern might encourage them. Give them space and let them know you are there to help.

## TIPS TO HELP

- When your friend or family member wants to hang out, suggest places that don't serve alcohol
- Don't offer your friend alcohol, lend them money, or engage in other enabling behaviors
- Offer the name and number of someone who has experience with substance use and recovery
- If you are seriously concerned about the person's safety, consider approaching a professional for help
- Look for a support group for friends and family

## YOU CAN GET HELP TOO!

There are support systems for you too. Al-Anon, Alateen, Nar-Anon, Adult Children of Alcoholics, and Families Anonymous are communities for friends and family of people with substance use problems.



**KENNESAW STATE UNIVERSITY**

DIVISION OF STUDENT AFFAIRS  
Center for Young Adult  
Addiction and Recovery

[cyaar.kennesaw.edu](http://cyaar.kennesaw.edu) | (470) 578-2538

# 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

**Take Control through COVID-19:** Counselors at Counseling and Psychological Services (CPS) have been speaking to lots of students about their challenges through the COVID-19 quarantine. We know that your mental health can suffer given increased uncertainty, loss of routines and support and general disruption of our plans. While these changes can increase anxiety, depression and interpersonal conflict, they can also offer a unique chance to slow the pace of life and practice new ways of being. We recommend the following to help students gain a sense of control and direction: Follow the safety guidelines; make a new routine and keep it; set priorities and focus on these; create an online social life and keep it in balance; and make self-care a necessity (including good sleep, food and exercise). Finally, help is still widely available through tele-mental health platforms. See the CPS website for directions for scheduling appointments.

[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](mailto: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

O D E A D L I N E S Y G B D K P D A B R C  
 S M S T U D E N T F H H E O R S O A E T F  
 M H R E S R U O C I S I J R O T S T H A A  
 I R R R C O M M U N I T Y M W K U I P I P  
 A N E U S F A F S A N C E I E P S O I A E  
 N S T T R P U Y D N A O L T M T F T S N L  
 O O P A I A N M O C P S B O O O O K O C U  
 T P A R D T I S G I S A C R H O O I C R D  
 E I A E O S V O H A L E Y Y D O T U O E E  
 S O H T S P E S L L D I M E B A B B H U H  
 A D V I S E R C A A F R P E C P A U E A C  
 R E O L N A S I R I B A T U S T L R D C S  
 A N M T L C I T E D R O D E E T L S A G I  
 S S O O I T T A P T N E E S H G E A Y N M  
 O O H E O R Y M M R A R T S I G E R G I A  
 E C N T R I M E S T E R I E N H B L O S J  
 S C L A C I N H C E T L Y I F K N C L U O  
 E E R T N T F T O S G O K E T A M M O O R  
 R R U O H L A A T N A R G Y E T C A I H C  
 H S R M U E L M E L A F O M M H W I B E O  
 T U P S C I S Y H P E N C I L G P I P T A

Word search adapted from ArmoredPenguin.com

college university books dormitory class homework cafeteria schedule student	grant loan scholarship major minor semester FAFSA test notes	technical community proprietary course hour term football basketball soccer	admission housing adviser parking bursar registrar deadlines financial aid roommate	computer biology mathematics bookstore department lab history English art	science physics education notebooks pencil laptop trimester Spanish literature
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## 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/>

Answers from June 8

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

Check Issue 10 for answers!

## TAKE OUR NEWSLETTER SURVEY

<https://bit.ly/HWBSurvey>



Free Public Wifi  
and at home  
resources to stay  
connected.

## Follow us

SOCIAL MEDIA

Health Promotion & Wellness



Sports & Recreation



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.