

HEALTH & WELL-BEING

Programs, Tips, and Resources
September Celebrates National Recovery Month

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#FindYourWings
#FindYourRecovery



CYAAR Team with Scrappy, 2018

Why Students Celebrate National Recovery Month

*Written by Ziggy K.,
The Division of Student Affairs, Center for Young Adult Addiction and Recovery
Student Leadership President*

It's important to remember why we observe National Recovery Month as we enter September. We educate ourselves and others to the fact that substance use treatment has helped millions of Americans live ordinary and productive lives. That those who are still struggling with their own substance use disorders are not alone and that there are services and people who can help them. We observe National Recovery Month to reduce the stigma, bring people in, and encourage those who struggle to seek help.

I have experienced the loneliness and pain of active addiction while living on a college campus. I was only able to have my behaviors fly under the radar for so long. I know what it is like to feel completely unique in my own suffering and believe that no other human being would be able to empathize with my experiences. I'm writing this for my past self and any person who is still struggling. To let them know there are people at KSU who have felt like you do now. There are people who can and want to help you. That living sober on a college campus is possible and that there is a community of people here that actually do it. The Center for Young Adult Addiction and Recovery is an excellent resource if you are interested in seeking help; their number is (470) 578-2538. My own journey in recovery started with one phone call four years ago.



**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 SEPTEMBER CALENDAR



NATIONAL
RECOVERY
MONTH

Join us around campus and online for these great events. Please remember your KSU ID and your face covering.

Wellness on Wheels:

Sexual Health

Wed. Sept. 2,
12-2 pm
Marietta Globe

Tues. Sept. 22,
12-2 pm
Student Center Terrace

Ask the RD: Whole Grains

Wed. Sept. 9,
11:30 am-1:30 pm
Marietta
Campus in front of Stingers

Tues. Sept. 15,
12-2 pm
Kennesaw
Campus Green

Recipe Tasting: After My Own Tart

Granola Fruit Tart
Wed. Sept. 23
12:30 pm
Thur. Sept. 24
5:30 pm

HIV and Hepatitis C Testing

Reservations Required.
Call 470-578-6394

Thurs. Sept. 24,
11 am - 3 pm
Student Recreation &
Activity Center, Rm 1220

Debunking "It's just a little pot..." and Other Cannabis Myths

Tues. Sept. 1,
2:30 pm - 5 pm
Kennesaw Campus in front
of the Commons

Wed. Sept. 2,
2:30 pm - 5 pm
Marietta Campus Globe Area

Alcohol and Other Drugs Trivia Spin

Thurs. Sept. 10,
12 - 3 pm
University Village

Online Events

Visit OwlLife for event
registration

So you think you can't PASS?

Procrastination
Wed. Sept. 2,
1 pm

Study Skills
Thurs. Sept. 10,
11 am

Procrastination
Tues. Sept. 15,
11 am

Time Management
Wed. Sept. 23,
11 am



HEALTHY HAPPENINGS

Yoga for Recovery

**YOGA FOR PEOPLE IN
RECOVERY AND
RECOVERY ALLIES IN
CELEBRATION OF
NATIONAL RECOVERY
MONTH**

**Kennesaw
Campus Green**

Wednesday, September 30 @ 2PM

In celebration of National Recovery Month in September, everyone is invited to participate in **Yoga for Recovery**, a mindfulness event designed to bring awareness to recovery and recovery support at Kennesaw State University. All people in recovery, recovery allies, and the recovery curious are all invited to join us for gentle yoga followed by conversation about supporting recovery.

Wednesday, September 23

2:00 pm on Zoom

Wednesday, September 30

2:00 pm on the

Kennesaw Campus Green

Please bring your own yoga mat.

**#FindYourWings
#FindYourRecovery**

Student Recovery Ally Training



Recovery Ally Training is a one hour and 15-minute online workshop designed for students who are interested in supporting and understanding those in recovery. Students who participate in Recovery Ally Training will learn:

- about substance use disorder and recovery
- ways to support friends and loved ones in recovery
- about recovery support resources
- how to navigate substance use on and off-campus
- how laws and policies affect students in recovery
- non-stigmatizing recovery dialects through interactive scenarios and conversations.

Registration is required. Students can register for training and find out more through [Owl Life here](#).

Ask the Peer Health OWLS

Alcohol, Tobacco, and Other Drugs



**KENNESAW STATE
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Health Promotion and Wellness

The Peer Health OWLS answer students questions about alcohol, tobacco, and other drugs in this helpful video.

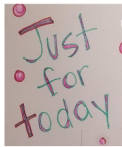
[Watch the session here!](#)

HEALTHY HAPPENINGS CONT.

HELP US DECORATE A BANNER FOR NATIONAL RECOVERY MONTH



STOP BY TO HELP US DECORATE AND TO LEARN MORE ABOUT RECOVERY RESOURCES AT KSU



DRAW A PICTURE, WRITE YOUR FAVORITE INSPIRATIONAL QUOTE, SHARE A MEMORY OF A LOVED ONE, SHARE YOUR RECOVERY DATE. HELP US CELEBRATE RECOVERY AT KSU!

NATIONAL RECOVERY MONTH AWARENESS

To show your support for those in recovery, contribute to our Recovery Month 2020 banner. Draw a picture, write an inspirational quote, sign your name, share your recovery date, or honor a loved one.

Tuesday, September 8, 12:00-3:00 pm on the Kennesaw Campus Green

Wednesday, September 9, from 12:00-3:00 pm Marietta Campus Globe outside the Joe Mack Wilson Student Center



Test your knowledge with trivia hosted by Intramural Sports every Wednesday from 7-8pm! No registration required, click the link on our website to get access. There will be approximately 50 questions via Kahoot! Prizes given throughout!

This event will be hosted on [Microsoft Teams](#).

Intramural Sports is back in action! September season sports include Tennis and Cornhole! Challenge other KSU students at night during the week for some friendly competition! Registration periods:
Tennis 8/24-9/4 Season: 9/8-10/16
Cornhole 9/14-9/25 Season: 9/28-10/16

YOGI CHALLENGE

With the stress of school starting it's time to incorporate some zen into your weekly routine. Reset your mind and record 3, 30 minute yoga practices in our [Adventure Anywhere Strava Club](#). Try practicing yoga in a calm environment such as a local park, your backyard or even your garage. If you are new to yoga, YouTube offers a plethora of various classes to find your flow. OwlFit also is offering Yoga classes throughout the week - check out the group fitness [schedule here!](#)

Complete this challenge by September 6th!



ADVENTURE ANYWHERE

Mini-Challenge
Yogi Challenge

FITNESS



Exercise is an excellent aid in recovery, including addiction recovery. Exercise allows us to create lifelong healthy habits that aid in the recovery process. Many variations of addiction harm our mind and body; adding exercise as a daily habit will help heal the body by making it stronger and building new neurological connections. Movement also releases feel-good hormones that make us feel happy, have more energy, and sleep better!

Small steps go a long way! Exercise can begin with short walks throughout the day or attending a fitness class. Achieving 150 minutes of physical activity a week has many positive health outcomes, this is an excellent goal to work towards. You can start with a few days of 30 minutes of activity that raises your heart rate and gets you a little sweaty. It is important not to do too much too soon, give yourself small goals to achieve, then grow from there! The Department of Sports and Recreation's OwlFit Programs is a great resource if you are looking for some professional assistance in reaching your goals!



Both Student Recreation Centers will be open
 Monday - Friday: 7:00 am-8:30 pm
 Saturday: 10:00 am-5:30 pm
 Sunday: Closed

Reservations are now required to access the recreation facilities. All reservations will take place online at mysportsrec.kennesaw.edu or through the **Sports and Recreation App** - now available on Apple and Android platforms!

Reservations time slots are for 90 minutes and will open 48 hours in advance. Detailed information and FAQs can be found on our [reopening web page](#).

For additional questions, please call us at (470) 578-6913 or email us at sports_recreation@kennesaw.edu

OWL FIT VIRTUAL GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:30PM Strength Circuits	1:30PM Cycle Express	12:30PM Strength Circuits	1:30PM Cycle Express
4:00PM Cycle Express	5:00PM Guts & Butts	4:00PM Cycle Express	5:00PM Guts & Butts
6:00PM Yoga	7:00PM Hip Hop Toning	6:00PM Yoga	7:00PM Mat Pilates
7:30PM Zumba®	8:00PM Yoga	7:30PM Zumba®	8:00PM Yoga

All classes will be 30 minutes.

Register ahead of time to receive a link to join the virtual class! Registration will take place at mysportsrec.kennesaw.edu or through the Sports and Recreation App

Keep healthy and strong even in your own home with OwlFit's Online Personal Training. Online personal training is available to all Sports and Recreation members including students, faculty, staff, and alumni offering a one-on-one experience and a fully supported virtual fitness journey. All training sessions are performed live through Microsoft Teams or other compatible video chat platforms. Your trainer will hold you accountable, encourage you, support you, and educate you through every virtual session.

For pricing and additional information, visit [KSU Sports and Recreation website](https://www.kennesaw.edu/sports-recreation) or contact owlfit@kennesaw.edu

EDUCATION & NUTRITION

Recently the American Medical Association reported concern in the rise of opioid overdoses during Covid Pandemic and the need for harm reduction strategies.



The Center for Young Adult Addiction and Recovery hosts harm reduction workshops each semester to educate students interested in learning about Naloxone, a medication that reverses the effects of an opioid overdose, identify potential warning signs of an overdose and understand Georgia Amnesty Law. Registration is required. Available training dates and registration can be found through [OwlLife here](#).

Cooking Corner



GRANOLA FRUIT TART

Ingredients

- 1 1/2 cups rolled oats
- 3/4 cup chopped nuts
- 1/4 cup unsweetened shredded coconut
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup maple syrup or honey
- 1/4 cup coconut oil or butter, melted
- 1 teaspoon vanilla extract
- 2 cups Greek yogurt
- 1 cup seasonal fruit

Directions

1. Preheat oven to 325 degrees. Line or grease a 6 cup muffin tin.
2. Combine oats, nuts, coconut, cinnamon, and salt in a large bowl.
3. Stir in maple syrup, coconut oil, and vanilla extract. Mix well.
4. Divide mixture into 6 portions and press evenly into muffin pan.
5. Bake until the granola is golden and crispy, about 20 to 25 minutes.
6. Remove from oven and cool completely.
7. Fill the tart shells with the yogurt, fruit, and ENJOY!

Eating Disorder Treatment and Recovery

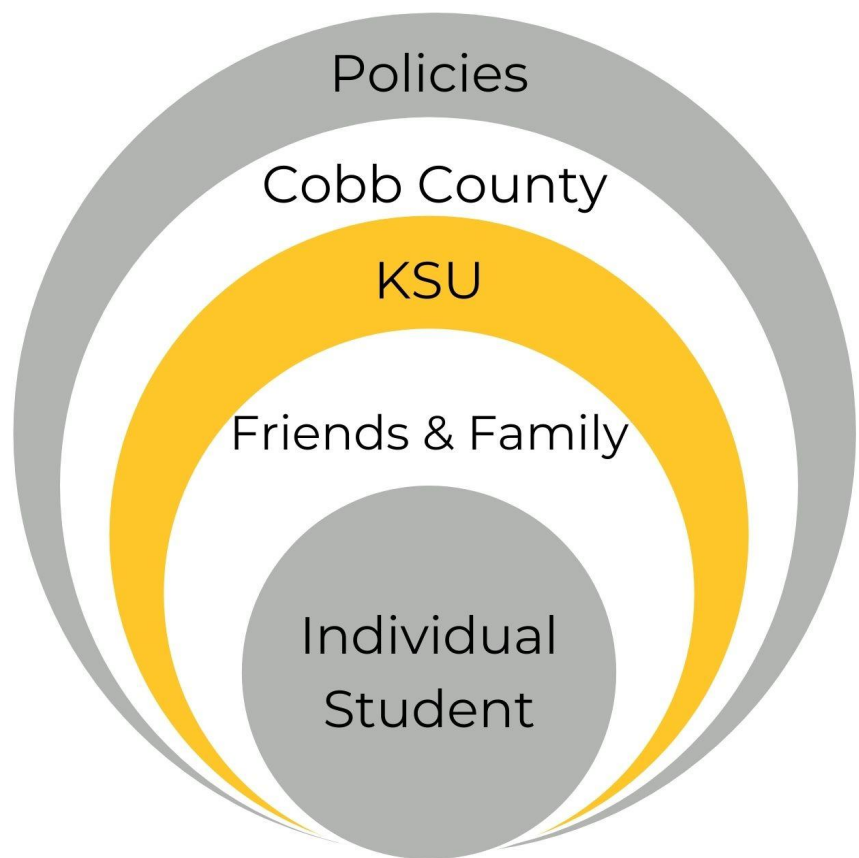
Happiness and positive self-esteem come from accepting and embracing who you truly are, but it is difficult to do when you struggle with those inner voices that tell you that your worth is measured by the way you look or how much you weigh.

Overcoming an eating disorder is possible with treatment and recovery. It is more than banishing unhealthy eating behaviors. It is also about learning new ways to cope with painful feelings and seeing your body for all its amazing capabilities rather than dwelling on perceived flaws.

Tackling an eating disorder is hard work, but remember, **YOU ARE NOT ALONE!** Recovery is within your reach with help from registered dietitians at the Student Health Services (Julie Newton RDN, LD) and Health Promotion and Wellness (Trang Pham MS, RDN, LD). With professional guidance and support, you can break from destructive eating behaviors, develop a healthier relationship with food, and regain your health. Are you ready?



#FindYourWings
#FindYourRecovery



Recovery Science Research

Recovery is an individualized, intentional, dynamic, and relational process involving sustained efforts to improve wellness. How do we know that? Contact the Center for Young Adult Addiction and Recovery research team to learn more about recovery science, the study of how people grow toward holistic wellness and join our research team.

Email
jmcdan33@kennesaw.edu for more information.

KSU CYAAR works hard to support students in recovery or seeking recovery. The Collegiate Recovery Program plays a crucial role in providing this support. As you can see from the model above, health and wellness is a community effort. Students in recovery from substance use, eating disorders, and other addictions could use your support. To get involved, check out Student Recovery Ally training on Owl Life, or join the Alcohol, Tobacco, and Other Drug Prevention and Education Coalition by emailing atod@kennesaw.edu

Peer Recovery Mentor

The movie and beverage industry would have you believe that it isn't possible to get through college without drinking or using drugs?

Fun Fact: KSU has one of the nation's largest communities of student that are having an amazing college experience without all the hangovers and consequences of drug and alcohol use!

Do you wonder what it looks like or how they do it? The Peer Recovery mentor is someone on campus you can reach out to with all these questions and get connected to other college students dealing with the same questions. For more information: recovery@kennesaw.edu



KSU VIRTUAL COUNSELING

Please note, per Georgia Law, students who are under the age of 18 will need parent or guardian consent to receive counseling services.



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.

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.](#)

Follow on Social!

Health Promotion & Wellness



Counseling and Psychological Services



CARE Services



Center for Young Adult Addiction and Recovery



Sports & Recreation



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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.