



KENNESAW STATE  
UNIVERSITY  
DIVISION OF STUDENT AFFAIRS

# HEALTH & WELL-BEING

October 4-10 Celebrates Mental  
Illness Awareness Week



## IN THIS ISSUE

PAGE 3

Events Calendar

PAGE 4

FREE HIV Testing  
Managing Anxiety &  
Depression During  
COVID-19

PAGE 5

How to Live Mentally Well  
and Crush it in College

PAGE 6

Support for Racial Trauma  
Join the Peer Support  
Network

PAGE 7

Better Mental Health  
Through Food  
Recipe Tastings

PAGE 8

Get Moving for Your  
Mental Health  
Bike Around Campus

PAGE 9

KSU Virtual Counseling

## Mental Health Keeps Us Strong

*Written by Pamela Whitten, President, Kennesaw State University*

Anyone who has ever been to Kennesaw State University's campus under normal circumstances knows that we are a university full of life, talent and excitement. We are a university bubbling at the brim with anticipation for the next great achievement. And we are a university unequivocally focused on our students, both their education and their overall well-being.

This emphasis on the well-being of our students has taken on new significance in recent months, with the outbreak of the pandemic. As you have noticed, KSU has put into place an increasing number of health and safety measures, from the use of masks and social distancing to enhanced cleaning frequencies. These are necessary and appropriate to best promote the health of the campus community. Yet, ultimately these measures are intended to guard against external factors.

Of importance, we must also focus internally to ensure we are taking care of ourselves, and not simply by eating right and exercising. Mental health concerns—including anxiety, depression and other issues—weigh heavy on those experiencing them, and unfortunately many do experience them. According to statistics available from the National Institute of Mental Health, approximately 19 percent of adults in the U.S. have a recent personal experience with mental illness, and it is slightly more common among 18 to 25 year olds than other adult age groups. This age range, of course, includes many college students. Yet, under half of these adults recently utilized mental health services.

[Click here to subscribe to receive the newsletter in your email.](#)

# Mental Health Keeps Us Strong Continued

It is imperative that we tend to our mental health to promote the most complete picture of a strong overall well-being. For some, this may mean simply taking time for one's self to get away from stressors, while for others it may mean seeking help, including from professionals. Fortunately, we have exceptional resources available right here at KSU for any of our students who would like to utilize them. These resources include our Counseling and Psychological Services, which can help with stress management, the navigation of relationships, and other counseling and treatment needs. These services are being provided virtually for the fall, so no matter where you are, they are available to you. Visit [counseling.kennesaw.edu](http://counseling.kennesaw.edu) for more information.

As I mentioned, mental wellness flows strongly into the other components of our lives. If we do not make our mental health a priority, we may also find it difficult to achieve our academic, physical and other goals. Take the steps, whatever they may be, to ensure the best possible mental health for yourself, and by doing so, better position yourself to achieve a strong overall well-being. If you are considering seeking help, remember that it is far better to overcome together than to endure alone.

**If we do not make our mental health a priority, we may also find it difficult to achieve our academic, physical and other goals.**

PAMELA WHITTEN

Given the interconnectivity of the various components of well-being, I also encourage you to take advantage of the other resources available through KSU departments, including the Center for Young Adult Addiction and Recovery, Health Promotion and Wellness, and Sports and Recreation.

One last thing: We are living in the age of social distancing and remote activity. It is more important than ever that we find ways to connect and support each other. So, whether you are experiencing mental health concerns or not, be sure to reach out to others to check in and see how they are doing. We are a family at KSU and family takes care of each other.

October 4-10

**mental illness  
awareness  
week**

*You are not alone.*

# HEALTHY HAPPENINGS OCTOBER CALENDAR



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

## **Sock it to Drugs**

Tues. Oct. 6,  
12 - 2 pm  
Kennesaw Campus - University  
Village 6000 Building

## **Wellness on Wheels: Healthy Relationships**

Thurs. Oct. 8,  
12-2 pm  
Kennesaw Campus Green

Wed. Oct. 28,  
11 am - 1 pm  
Marietta Globe

## **HIV and Hepatitis C Testing**

Reservations Required.  
Call 470-578-6394

Tues. Oct. 13, 11 am-3 pm

Thurs. Oct. 29, 11 am - 3 pm  
SRAC\* 1220

## **Art4Healing Workshop**

Fri. Oct. 23,  
12:30 - 2:30 pm  
Bagwell Bld 127

## **DEA Prescription Take Back**

Sat. Oct. 24,  
10 AM - 2 PM  
Kennesaw Campus - Visitors  
Parking Lot B

## **Mindful Mondays**

Every Monday  
12-1 pm  
Kennesaw Campus Green

## **Grace, or the Art of Climbing**

Thurs. Oct. 1,  
7:30 pm  
Theatre

## **CPS Engagement Tables**

**Sleep Hygiene**  
Thurs. Oct. 8,  
10 am - 12 pm  
Kennesaw Student Center Patio

**Stress & COVID-19**  
Tues. Oct. 13,  
12 - 2 pm  
Kennesaw Campus Green

**Time Management**  
Tues. Oct. 20,  
12 - 2 pm  
Kennesaw Student Center Patio

**Sleep Hygiene**  
Wed. Oct. 21,  
12 - 2 pm  
In front of The Commons

**FOMO**  
Wed. Oct. 28,  
11 am - 1 pm  
In front of The Commons

## **National Collegiate Alcohol Awareness Week**

Tues. Oct. 20,  
11 am - 1:30 PM  
Kennesaw Campus Green

Thurs. Oct. 22,  
11 am - 1:30 PM  
Marietta Campus - Globe Area

## **Online Events**

Visit OwlLife for event  
registration

## **Recovery Ally Training**

Wed. Oct. 7,  
11 am - 12:15 pm

## **Mental Health 101 and Sleep Hygiene**

Thurs. Oct. 8,  
11 am

## **Restorative Yoga**

Wed. Oct. 14,  
11:15 am - 12 pm

## **Asking for a Friend**

Mon. Oct. 19,  
2 pm

## **QPR: Virtual Suicide Prevention Training**

Fri. Oct. 9,  
11 am

Thurs. Oct. 29,  
2:30 pm

## **So you think you can't PASS?**

**Study Skills**  
Thurs. Oct. 1,  
3 pm

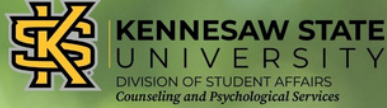
**Test Anxiety**  
Wed. Oct. 7,  
3 pm

**Procrastination**  
Tues. Oct. 13,  
2 pm

**Time Management**  
Wed. Oct. 21,  
1 pm

**Test Anxiety**  
Thurs. Oct. 29,  
1 pm

# HEALTHY HAPPENINGS



## MANAGING ANXIETY AND DEPRESSION DURING COVID-19

A VIRTUAL WORKSHOP

[counseling.kennesaw.edu](https://counseling.kennesaw.edu)  
WORKSHOPS AND PROGRAMS  
or visit us on OwlLife

This virtual workshop will be informal, educational, with some chances for interaction with the counselor and other group members. This virtual workshop is not a therapy group, but is designed to give you information and skills and allow you to practice those skills on your own. This is a time of many changes and stress around the world, and this workshop is designed to help you better understand the potential signs of anxiety and depression, learn ways to cope, and provide resources.

Benefits from attending:

- Improved mindset
- Improved strategies for time management and keeping a routine
- Improved eating and sleeping habits
- Increased energy and reduced fatigue
- Increased self-awareness and self-compassion
- Increased confidence in your ability to cope in response to a crisis
- Comfort from knowing others who have similar experiences
- Knowing what resources are available to you

What will I learn:

- Factors that contribute to and maintain depression and anxiety
- Physiological and psychological components of depression and anxiety
- How the current pandemic and social distancing may impact symptoms of depression and anxiety
- How you can change unhelpful thinking
- Ways to cope with depression and anxiety related to the current crisis

Self-Care Habits:

- Regular participation in enjoyable activities
- Bodily care (Eat, Sleep, and Exercise)
- Good time management
- Maintain "Perspective" Laugh Often
- Limiting social media/news content
- Talk to others about being stressed



## FREE HIV & Hepatitis C Testing

Get Yourself Tested! The CDC recommends that everyone gets tested for HIV at least once as part of routine health care. About 1 in 7 people in the United States who have HIV do not know they have it. Health Promotion and Wellness host **FREE** and **confidential** rapid HIV and Hepatitis C testing every month! Call 470-578-6394 to book your appointment



October 12 - 14.

Climb the hardest boulders that you can to earn points! Complete your scorecard at any time throughout the week. You may count climbs from multiple sessions. Participants will receive a t-shirt while supplies last.

Point leaders in Female and Male categories will move on to the finals round on Friday, October 16.

# HEALTHY HAPPENINGS CONT.

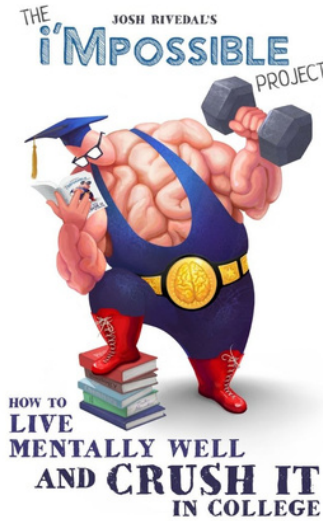
October 4-10 **mental illness awareness week** *You are not alone.*

Join us for an hour with author, Broadway actor, and college mental health specialist,

**Josh Rivedal**



Wednesday October 14th  
2:00pm | Zoom  
[counseling.kennesaw.edu](https://counseling.kennesaw.edu) to learn more.



## How to Live Mentally Well and Crush it in College

Wednesday, October 14th at 2:00pm

We are excited to bring Josh Rivedal to campus via Zoom! In this 60 minute talk, author and college mental health specialist, Josh Rivedal talks about his college days in a format that's visceral and creates an emotional connection between students and the powerful message that it's okay to talk about mental health and that it's possible to live mentally well in college and beyond. Josh will cover: what mental health is and is not, coping skills, what depression and anxiety are and how we can cope with either or both, how to reframe failure, how to help oneself or a friend if in a mental health breakdown, and finding and cultivating hope during difficult times.

[RSVP on OwlLife](#) to receive a reminder email on the morning of the event.

## Outdoor Adventures Photo Challenge

Outdoor Adventures is bringing back our photography contest! Submit your photos from a recent adventure on social @ksusportsrec or to [outdooradventures@kennesaw.edu](mailto:outdooradventures@kennesaw.edu) to be placed in the voting. One entry per person. Voting will take place on @ksusportsrec Instagram Stories. Be sure to vote for your favorite!

Categories

October 5-11: Landscapes

October 19-25: People

[Click here to subscribe to receive the newsletter in your email.](#)

## A message from the Vice President of Student Affairs

Fellow Owls, as you know, October 4-10 is National Mental Illness Awareness week. We are living in challenging times on many levels and it is common for students to work through different struggles. Besides our outstanding Counseling and Psychological Services team that is available for you free of charge, our students can also better their own mental health by taking advantage of some of the many opportunities afforded by KSU to get involved on campus. Joining a student organization, playing intramurals, attending some of the over 1,000 events on campus this semester are all ways to get connected and make friends. Involved students generally feel a much stronger sense of connection to others and to KSU and also tend to do better academically. Plus getting involved is a way to have fun and enjoy your college experience. Please take advantage of all that KSU has to offer you; have fun, make connections, learn skills, and feel better along the way. Thank you and here's wishing you positive mental health.

**Go Owls!**

*Dr. Eric Arneson*



## Fall into Fitness Challenge

Join OwlFit for a virtual Group Fitness challenge! Throughout this challenge, we will uncover what "exercise is medicine" means and how we can incorporate it into daily life! Participate in challenges on campus, at home, or on social media. Attend at least eight fitness classes in October to be eligible to win some prizes! Who's ready to FALL into FITNESS? This challenge will start on October 1st! [Register online here.](#)

# MENTAL HEALTH

## Support for Racial Trauma

by Afton Storno, LMFT

Racial injustice that has been observed and, for that matter, experienced right before our eyes has been quite unsettling for many. As a result, racial trauma can evoke a natural response to these experiences creating negative mental health symptoms. Racial trauma is the emotional, psychological, and physical reaction people experience because of exposure to ongoing or persistent acts of hate, bias, discrimination, or intolerance. Symptoms may include reoccurring thoughts of the event, depression, agitation, anger, social anxiety, and poor self-worth.

Physical symptoms may also arise as a result of direct or indirect experiences that can include headaches, chest pains, and insomnia. Counseling and Psychological Services recognize that KSU students who are experiencing racial trauma from past or current events may need an extra level of support in their academic and personal pursuits. As a result, we are providing two support groups in the fall and spring semesters called Racial Trauma Support Group and Black Girls Support Group.

October 4-10  
**mental illness  
awareness  
week** *You are not alone.*

[counseling.kennesaw.edu](http://counseling.kennesaw.edu)

## Get Involved with CPS and Support Your Peers

by Dr. Alesha Harris, Coordinator of the Student Advisory Board

Three years ago, Counseling and Psychological Services (CPS) created a Student Advisory Board (SAB) to better connect with students and get their input and feedback about CPS services. Being a part of the SAB is a great way for students to learn some practical aspects of a mental health center and work to improve the mental health of the KSU community. One of the boldest initiatives the SAB members have championed is creating what we are calling the Peer Support Network. The Peer Support Network's goal is to provide peer-to-peer support to students who may be struggling and, when needed, connect them with the appropriate on-campus resources. **The Peer Support Network** is staffed by our current SAB members who have gone through a three-part training in active listening and support skills, recognizing and responding to signs, and ways to support.

Peer Support



NETWORK

Student to Student Peer Counseling. Students helping students. Students working together to end the stigma. We care and we're here to listen.

# NUTRITION

## Better Mental Health Through Food



by Trang Pham, Dietitian

You already know that nutrition is essential to your physical health, but did you know it also impacts your mental health? Having a diet rich in essential vitamins, minerals, complex carbohydrates, protein, and fatty acids like Omega-3 can help your brain to function properly and stay healthy. Moreover, research also suggests that there is a strong correlation between what you eat and how you feel and behave.

Eating a healthy, well-balanced diet with foods from all 5 food groups, along with regular exercise and adequate sleep, can do wonders for your mental well-being, while poor nutrition and physical health have been shown in studies to have a negative impact on your mental health. Yes, eating healthy can be challenging, but with the proper support and guidance from Registered Dietitians like the ones at KSU Health Promotion and Wellness and Student Health Services you can start establishing healthy eating habits that can positively impact your mental health. Are you ready to start?



## Visit a Recipe Tasting

Come to the Student Recreation and Activity Center, Room 1220 to try samples of the featured recipe. *(While supplies last, dates and times subject to change).*



### Sushi We Can Stack Up To

Sushi Stacks

Wed. Oct. 7,  
12 pm

Thurs. Oct. 8,  
2 pm

### Eggcellent Breakfast Easy Dorm Breakfast Ideas

Wed. Oct. 21,  
12 pm

Thurs. Oct. 22,  
2 pm

## Cooking Corner



### SUSHI STACK

#### Ingredients

- 1/2 cup jasmine rice, cooked
- 1 tbsp rice vinegar
- 1/2 of a cucumber, diced\*
- 1/2 avocado, thinly sliced
- 1/2 carrot, finely grated
- 1 - 5 ounce canned tuna in water, preferably White Albacore
- 1/2 cup regular mayo
- 1 1/2 tsp Sriracha, or to taste
- Optional: black and white sesame seeds

\*Notes: Japanese cucumbers are preferred, but if you use an English cucumber pat the cucumber after dicing with a paper towel to absorb additional water.

#### Directions

1. Blend mayo and sriracha. Set aside.
2. Cook rice as directed, add rice vinegar at the end while fluffing.
3. Drain the tuna of all water.
4. Combine tuna with half of the sriracha mayo mix. Leave the rest for drizzling at the end.
5. To assemble, take a 1 cup measuring cup and begin layering your sushi stack. Sprinkle some sesame seeds into the bottom of the cup. Add cucumber, carrot and avocado layers. Scoop tuna mixture into the cup and press down with a spatula. Add rice and press down again.
6. Invert cup onto a plate and tap to loosen the contents. Slowly pull cup straight up.
7. Finish by drizzling the remaining spicy mayo over the top. Add a few more sesame seeds and ENJOY!



COOK TIME: 15 MINUTES  
SERVINGS: 1 SUSHI STACK  
SOURCE: JAMONKEY.COM

# FITNESS



## GET MOVING FOR YOUR MENTAL HEALTH

by Gabby Sciacchitano, Fitness Coordinator for Sports & Recreation

Stress, anxiety, and depression are common among college students, especially in uncertain times. Now more than ever, it is important to proactively care for your mental health. Everyone has mental health, and it affects how we think, feel, and act through our emotional, psychological, and social well-being. We all have choices to make in how we manage our mental health, and we know that one thing proven to benefit our mental and physical health is physical activity!

Physical activity is like medicine and is an excellent way to improve mental health! When we engage in physical activity, feel-good hormones called endorphins are released. And doing things that feel good is one pathway to improving our mental health. Most folks know that physical activity is good for us, but many folks also struggle to move from understanding to action. Sometimes exercise itself can be a stressor. It's easy to give in to thoughts like: 'I'm too tired to workout, I'm not good at exercising, or I'll be embarrassed if I step foot in a gym.' These thoughts and resulting feelings add to the stress and anxiety we already feel and the last thing we want to do is get moving! We need to recognize this barrier and commit to taking action to be more active and healthier.

Here are three simple steps to incorporate physical activity into your routine.

- First, start slowly and choose activities you LIKE to do. For some, this may be a hike with a pet or a sport with friends. It can also be learning a new skill like weightlifting or running.
- Second, find a way to hold yourself accountable either through a partner such as a friend you exercise with, a fitness app, or a fitness professional that can teach you how to exercise.
- Finally, commit to the lifestyle. Exercise as medicine is meant to be consumed in regular doses, so recognize that maintaining physical and mental health are intertwined. Over time, your fitness journey will change and grow just as your mental health will; your goals will change, and you will continue to improve, realizing that regular physical activity keeps you feeling good mentally and physically!

## Bike Ride Around Campus-October 6

Join Nature Bound for a group ride around campus! Helmets are required and can be provided. Need a bike? Reserve one when you register at the KSU Bike Shop! Registration is required.



Intramural Sports gives KSU students the opportunity to play others in a friendly, sportsman like atmosphere - most games are played at night during the week. Team Creation opens on Monday, October 5th for Intramural Sports' Table Tennis League! Games will be played October 16-November 20! Tournament winners earn an Intramural Sports Champion T-Shirt. Registration will close Friday, October 16. For more information and [to register check out our website](#) or send an email to [imsports@kennesaw.edu](mailto:imsports@kennesaw.edu)!

## Can you be the fastest on campus?

Check out some on-campus routes and complete by running, walking, or biking! Submit your route times to [IMSports@kennesaw.edu](mailto:IMSports@kennesaw.edu) to join the leaderboard.



# 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

The staff of Counseling and Psychological Services (CPS) are here to help with all the struggles and challenges that come with college, including those that have been exacerbated by COVID-19. We know that the changes to our daily lives have had a necessary impact on all of our mental health. Increased uncertainty, loss of routines and support, and general disruption of our typical ways of navigating the world all add weight to our baseline level of functioning. These challenges can increase anxiety, depression, and interpersonal conflict, but they can also offer us the chance to examine our behaviors and practice new ways of being. We recommend the following to help students gain a sense of control and direction: Follow the safety guidelines; create a routine that works for you and keep it; set priorities and focus on these; stay connected to your support system; balance time spent on social media or other mediums that cause distress. Finally, make self-care a necessity; this includes protecting your sleep, putting good things in your body, and being active. All CPS services are available and being delivered via tele-mental health, and you can learn more at [counseling.kennesaw.edu](https://counseling.kennesaw.edu).

## 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](#).

## Follow on Social!

Health Promotion & Wellness



Counseling and Psychological Services



[Subscribe to receive the newsletter in your email inbox!](#)

Center for Young Adult Addiction and Recovery



Sports & Recreation



KENNESAW STATE UNIVERSITY

**SUGGESTION BOX** DIVISION OF STUDENT AFFAIRS

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls  
[wellctr@kennesaw.edu](mailto:wellctr@kennesaw.edu).

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