

WELLNESS CONNECTION

Your health, your well-being, our priority!



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LETTER FROM MAK

Dear Reader,

Winter break is just around the corner which means it is the perfect time to rest and recharge your well-being from this semester. Of 456 S&T students, **93%** said that school or academics were a main cause of their stress.* In this issue of *Wellness Connection*, we are including ways you can look out for you well-being.

Consider taking a quick online screening to check over yourself and see how you are doing. Or start working towards creating a more holistic and fulfilling life by looking over the Miner Well-Being Certification. And for fun, we've also included a relaxing craft and a vegetarian meal you can spend time working on.

Please have a relaxing winter break and a safe and happy holiday season.

With warm regards,
Mak the Mole (and *The Miner Wellness Office*)

*2020 Missouri Assessment of College Health Behaviors

BOOST YOUR WELL-BEING



Setting Career Goals

from the *COER* and *Miner Wellness* departments

Setting career goals is important to do no matter what year you are in. Doing the items listed below will help you to achieve your career goals, and make you a more prepared job applicant.

Creating the Perfect Resume

For undergraduate students, your resume should be no longer than one page. For graduate or other non-traditional students, your resume should be no longer than two pages.

Your resume should include the following sections: contact information, education, experience, skills, and honors/other relevant activities. Depending on the field, additional sections could include certifications or special trainings, foreign languages, or volunteer work.

You should also include power verbs in your resume to make your skills stand out!

Complete the Miner Well-Being Certification

The Miner Wellness department offers a Miner Well-Being Certification, touching on the five elements of well-being, including your career well-being. During this semester-long program, you will participate in activities that further development of a holistic, well-rounded, thriving life and aim to prepare for your future after college. While completing this certification, you will do at least three tasks improving your career well-being.

These could include attending a career event/fair, reading a career-related book, job shadowing at a place of interest, meeting with a COER advisor or a mentor, working on your resume, and more! It is never too late to start improving your well-being.

Prepare Power Introductions

Power introductions, otherwise known as elevator pitches, should be a quick rundown of who you are, what you do, where you've been, where you want to go, and what you can do for the listener. Tailor each introduction specific to the audience - make sure you research them to incorporate relevant information into your speech! Practice your pitch in front of the mirror or with friends and family.

Attend a Career Fair

Attending a career fair is important for many reasons - you get first-hand experience dealing with professionals in the industry and you open the door to possible opportunities in the future. You shouldn't think that because you're only a freshman this event wouldn't be helpful to you. In fact, it's the perfect time to start building up experience. Companies at career fairs aren't solely looking for new full-time employees, they're also searching for students to do internships or co-ops at their company. If a company you're interested in doesn't have any working spots available, consider asking them if you can job shadow. Job shadowing allows you to get hands-on experience about that field or company in a short amount of time!

STAFF SPOTLIGHT

Miner Wellness met with Dr. Minor, the new Director of Student Health Services, to ask him some questions as he moves into his new role.

Tell us about your background, and your specialty areas/areas of interest in the medical field.

The simple answer about my background and training is that I'm a sports medicine physician. As a prerequisite to being able to train in sports medicine, I needed to complete a "general medicine" residency, which I completed in pediatrics. During my sports fellowship, I was team physician for Northeastern University men's and women's basketball and soccer treating traditional sport athletes. Boston Children's Hospital is a major hub locally and nationally, and I treated other very specialized athletes, including figure skaters, Irish step dancers, divers, and gymnasts. As a runner and triathlete myself, I took interest in treating runners, and have a special interest in running injury prevention.

What are some of your hobbies, and things you like to do outside of work?

Endurance training has become a way of life for me, having run over 20 marathons and completed 3 Ironman triathlons. One of my lifetime goals is to run a marathon in all 50 states, which I've checked off 13 to date. When I'm not running, biking, or swimming, I enjoy finding hobbies with my wife. These days our 4 year-old son occupies much of our time and energy.

What is your favorite part of Rolla so far?

My favorite part of Rolla is the friendly small-town community, which reminds me of the town I grew up in. The people are warm and welcoming. I also love being less than 10 minutes away from everything, which is different than many of the places I have lived, including Orange County (CA), Tucson, and Boston.



Meet Dr. Minor, Physician and Director of Student Health Services

By Laura Woods-Buchanan and Miner Wellness Staff

What are your goals for next semester and the future of Student Health Services?

While COVID is currently keeping us very busy at Student Health, it is important to look to the future as we transition back to some degree of normalcy. My goal is to make sure Student Health is equipped and ready to help students resume healthy living. Having trained in sports medicine, and spending an extra year gaining valuable ultrasound imaging training, we will be bringing an ultrasound into Student Health. In addition to that, my goal for the next semester and into the future is to enhance joint services between Counseling Services and Miner Wellness, where we can more thoroughly address mental health needs, sleep hygiene, and have a healthy transition into the COVID world.

FEATURED RESOURCES



Check-Up From the Neck Up

Brief mental health screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional. The Check-Up From the Neck Up program is completely anonymous and confidential.

To start, select the statement that fits how you have been thinking or behaving. After answering the brief set of questions, you will get comprehensive explanations about your moods and behaviors. You can then access informational materials about what you can do to help yourself.

There are screenings for alcohol use, bipolar, gambling, depression, disordered eating, generalized anxiety, opioid misuse, post-traumatic stress, psychosis, and general well-being.

<https://screening.mentalhealthscreening.org/hyho>

ScreenU

ScreenU is designed to give you anonymous, non-judgemental feedback encouraging you to think about your choices that may be putting you at risk for harmful consequences. It can also provide ways for you to keep yourself and your friends safer. If necessary, you may be referred to our campus and community resources.

After taking the screening, your risk-level will be determined and effects of that risk-level will be listed. You will also be presented with resources and suggestions on how to be safer while using these substances.

There are three types of screenings: alcohol use, cannabis use, and prescription drug use. Each screening asks questions regarding how you use that substance and how it affects others around you.

<https://minerwellness.mst.edu/resources/screenu/>



For a healthier campus life.

MINDFUL MOMENT



Melty Mushroom Wellingtons

from bbcgoodfood.com

Makes 4 servings

Ingredients:

4 large field mushrooms
 4 tbsp olive oil
 1 garlic clove, chopped
 14oz chopped spinach leaves
 a dusting of flour
 1 tbsp picked thyme leaves
 5oz blue cheese, sliced
 1 egg, beaten

Puff Pastry:

1.5 cups all-purpose flour
 3/4 tsp salt
 2 1/2 sticks unsalted butter, cold
 2/5 cup cold water

Puff Pastry:

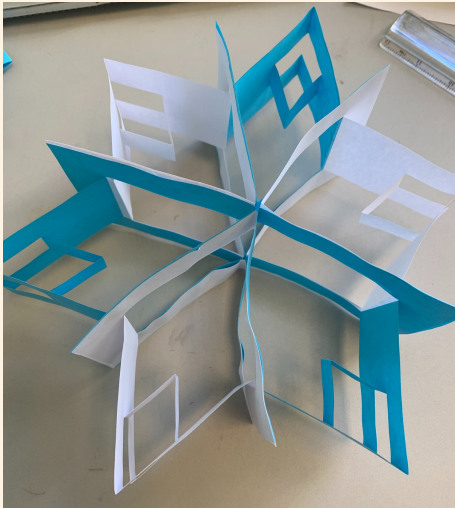
1. Place the flour and salt in a large bowl and whisk to combine.
2. Cut the cold butter into 1/4-inch slices and add to the flour mixture, tossing to coat.

3. Stir in the cold water until a thick dough forms.
4. Gather the dough into a ball, flatten it into a disk-shape, and wrap in plastic wrap.
5. Chill for 1 hour in the fridge, or 20 to 30 minutes in the freezer.
6. Unwrap the dough, dust the work surface with flour, and roll the dough into a rough rectangle shape.
7. Fold the dough in thirds, like a letter.
8. Turn 90 degrees, roll and fold again.
9. Repeat about 2 to 4 times, wrap the dough in plastic wrap, and chill for 2 hours or overnight.

Wellingtons:

1. Heat oven to 425 F.
2. Remove the stalks from the mushrooms. Heat half the oil in a large frying pan and sizzle the mushrooms for 3-4 mins on each side until golden and cooked through – add a drop more oil if needed. Lift the mushrooms out onto a paper towel to drain.
3. Place the same pan back on the heat with the rest of the oil. Fry the garlic for a moment, add the spinach to the pan, then cook for 2-3 mins over a high heat until completely wilted. Season with salt and pepper, then tip the spinach into a large sieve to drain thoroughly.
4. On a lightly floured surface scattered with the thyme leaves, roll the pastry out to the thickness of a quarter. Using a saucer and a larger-size plate, cut out 4 circles about 5cm wider than the mushrooms and 4 circles about 10cm wider, re-rolling the trimmings if you need to.
5. Place the 4 smaller circles on a baking tray and top each with a quarter of the spinach. Top the spinach with a slice of cheese, then a mushroom, and top the mushroom with another slice of cheese. Brush the border to each circle with egg, then gently stretch the larger circle over the mushroom, trying not to trap any air, then press the edges together with a fork. Trim the edges with a knife if you want, then brush each generously with egg. Bake for 40 mins until golden, then let cool before serving.

MINDFUL MOMENT



3D Snowflake

from koktak.com

You will need:

2 different colored 8.5 x 11" papers

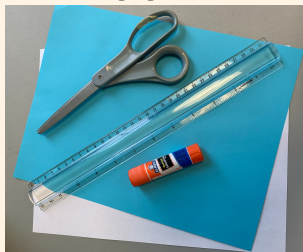
Ruler (with cm)

Pencil

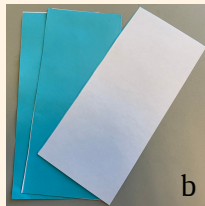
Glue stick

Scissors

Optional: string



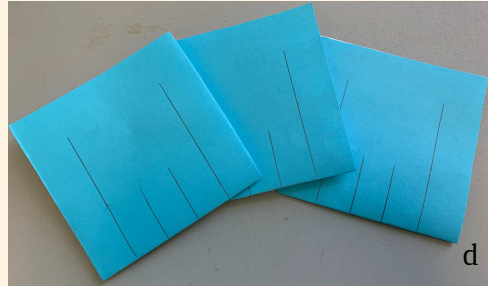
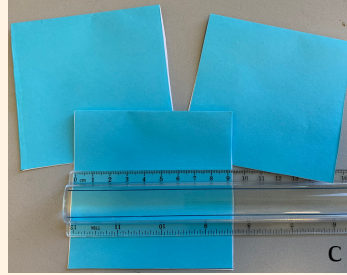
Stack the papers together so they are flush, fold into three equal sections (9.3cm each) (fig. a), then cut at the lines (fig. b).



Separate the papers into pairs (one of each color), fold in half hamburger-style, then cut each rectangle into squares (9.2cm) (fig. c).

With the folded side at the bottom, draw two lines 2cm in from each side and 7cm tall. Then draw two more lines inside that are 3cm tall, making three 1.8cm sections (fig. d).

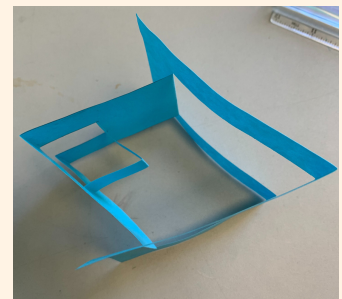
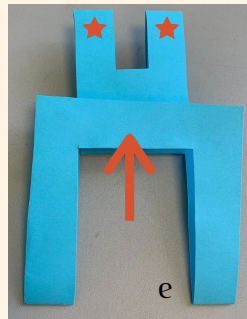
Make sure your papers are still stacked evenly and cut along these lines.



Take apart all of your cut squares.

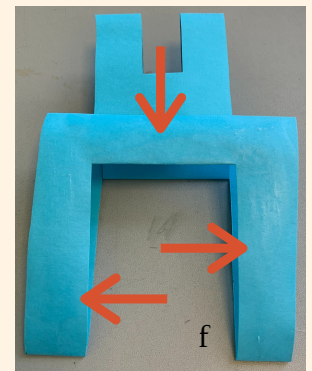
Open one square and lay flat. Bend the two starred strips (fig. e) the opposite way and crease the new fold - the middle strip should be hiding now.

Lastly, pull the two flaps (arrow, fig. e) all the way up to where they have been cut and crease those folds.



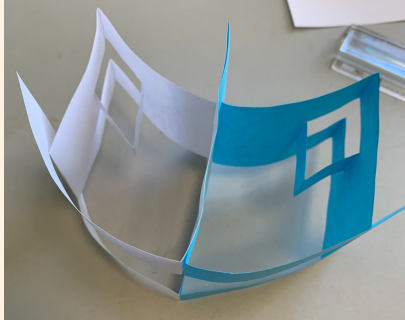
Add glue to the outer, connected three lines (fig. f).

Glue this to the equivalent section on an opposite colored paper.

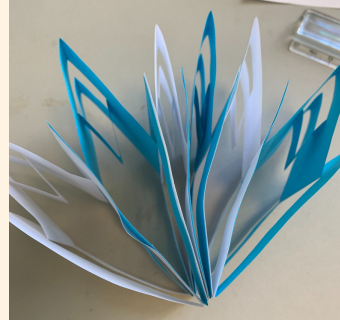


MINDFUL MOMENT

3D Snowflake



Be sure to press the glued sections together tightly and wait a moment for it to dry. Continue along by gluing opposite colored sections together,



Once all 6 pieces are glued together, glue the ends together to make a final circle.
Optional - add a piece of string between the final glued sections to hang.



Your snowflake is now complete!

Tag us on social media if you make it!

[Click here for a video explanation.](#)

GET IN TOUCH



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THIS MONTH'S EVENTS

Have an event you want featured? Submit to minerwellness@mst.edu

December 7: Coco With the PoPo

December 12: Winter Break Starts

January 19: Spring Semester Starts

Want to be featured in our section Student Spotlight? Submit original content, such as a personal piece, poem, short story, photographs, recipe, or other form of content to minerwellness@mst.edu. Content must be submitted as a Microsoft Word document or Google doc, no longer than 1000 words. Content may be edited for clarity and length. Pictures must be submitted as a JPEG or PNG. All submissions must follow University policy. All submitted content will be used at the discretion of Miner Wellness. Content can be published credited to you or anonymously, whichever you prefer.