

WELLNESS CONNECTION

Your health, your well-being, our priority!



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LETTER FROM MAK

Dear Reader,

92% of Miners say they are competent and capable in the activities that are important to them*. After the hard and stressful year that was 2020, we hope you will put an extra focus on your well-being in 2021. Strive to be thriving, or at least content, in the many areas of your life, whether it's school or professionally related, friendships and relationships, or in a hobby that you are passionate about.

In this newsletter, we want to help you set intentions and goals for a good spring semester and overall year. We have included several different resources and an activity to help you get started.

Let's all hope for a brighter, happier, and healthier 2021!

With warm regards,

Mak the Mole (and *The Miner Wellness Office*)

*2020 Missouri Assessment of College Health Behaviors

BOOST YOUR WELL-BEING

NEW YEAR NEW START

How to Keep at Your New Year's Resolutions - Set and Achieve Realistic Goals

From *Miner Wellness* and [self.com](https://www.self.com)

Happy 2021, Miners!

A new year has arrived, which means many people will be setting resolutions and goals to complete. Common resolutions include exercising more, eating healthier, learning a new skill or hobby, drinking or smoking less, and getting more sleep.

Fulfilling your resolutions ultimately boils down to one thing: setting realistic goals. For example, if you decide you want to become fluent in a new language by the end of the year, but you're also a full-time student working a part-time job, this can seem nearly impossible and can discourage you from working towards your goal.

Set Realistic Goals

The first step towards completing your resolution is centering in on one goal - because nobody can easily, completely change their life overnight.

Next, with your one goal in mind, be specific with it. You want to save more money this year, but how much exactly? What spending habits are you going to change to spend less? Make sure to write down your exact goals so you have something to refer back to and keep you accountable.

Tell a friend or family member your goals as well, so you can each work towards what you want to achieve together!

On average, it takes 66 days to form a habit. This means that if you've made it through March, you should be on a sure path to reaching your goal! Of course, your mileage may vary, and that's okay!

Make sure to check-in with yourself regularly to see where you're at. Maybe your goal is turning out to be too stressful and you need to dial it back a bit. Or maybe it seems too easy and you can challenge yourself a bit more.

Either way, remember that it's okay to slow down your progress if you need to, but always try to get back on track!

Celebrate milestones and small successes you have on your way towards completion. You've been to the gym every day you planned on going this month, so splurge a little on a nice dessert! Do whatever you need to do to keep yourself going.

If you want to set a goal, but you're not sure what, consider making a vision board with all of your possible ideas. We've made an example on page 6!

Above all, believe in yourself! 2020 was a hard year on everybody, so as long as you're happy and healthy in 2021, that's all that matters.

DATA BRIEF

Sleep Study

From Dr. Minor, Director of Student Health Services

Average Hours of Sleep

On average, students with higher levels of stress, students with mental health concerns, and students who have considered suicide in the past year get less sleep on school nights.



Survey results from Partners in Prevention show that college students are sleep deprived. In 2020, 40% of Missouri S&T students did not get more than 7 hours of sleep during school nights.¹ On average, thriving students are more likely to get over 7 hours of sleep during school nights.² As students, you deal with many different stressors that can influence your sleep: academic demands, social schedule, and particularly, technology. Sleep is critical for optimal performance, whether physical or cognitive. Uninhibited, undisrupted, and regular sleep is necessary if you expect to perform at your best in the setting of the world’s ever-changing stresses. The recommendation for adults is a minimum of 7 to 8 hours nightly.

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Our sleep is divided into REM (rapid eye movement) and Non-REM sleep, specifically stages 1 - 4. Non-REM sleep can be broken down into light sleep (stages 1 & 2) and deep sleep (stages 3 & 4). The brain recovers during REM sleep, and the body recovers from physical stress during Non-REM sleep. When sleeping, our brains cycle through a full sleep cycle every 90-120 minutes, where we spend the bulk of each cycle in Non-REM, and the final portion of the cycle in REM sleep.

(continued on next page)

¹ 2020 Missouri Assessment of College Health Behaviors, n=456

² 2020 Missouri Assessment of College Health Behaviors, n=8769

DATA BRIEF

Sleep Study (continued)

From Dr. Minor, Director of Student Health Services



As the night progresses, the portion of REM sleep in each cycle increases. If there is enough of a disruption of the sleep cycle, from not breathing (sleep apnea), a passing train, roommate coughing, dog barking, phone sounding, or the increased volume of a commercial on TV, then the sleep cycle can be disrupted and REM can be cut short or bypassed until the next cycle.

Whether you have established your New Year resolutions or not, the start of the semester is another great opportunity to create attainable goals and habits. Make 2021, and especially the spring semester, the time to commit to better sleep. This can be done by sticking to some rather simple sleep hygiene habits:

- 1) Try to wake up around the same time every day
- 2) Turn off electronics and screens at least 30 minutes before bedtime
- 3) Try to maintain a regular pre-bed routine to prepare the brain for sleeping (example: cup of tea, brush teeth, brush hair, stretch, then lay down for bed)
- 4) Make your room as dark as you can tolerate
- 5) Turn the ringer of your phone off (or at least to vibrate)
- 6) Avoid caffeine after 3PM
- 7) If needing background noise from a TV or other source, use the sleep timer to avoid noise that will disrupt your sleep cycling

Still having trouble sleeping? Check out these departments that can help:

Counseling Services:

counseling.mst.edu counsel@mst.edu
573.341.4211 204 Norwood Hall

Student Health Services:

studenthealth.mst.edu mstshs@mst.edu
573.341.4284 910 W 10th Street

FEATURED RESOURCES



Student Success Center

The Student Success Center (SSC) can connect you to the campus resources necessary to help you dig deeper and finish the semester strong. Stop by for free coffee, success coaching, and/or individualized tutoring. Student Success Coaches can also help you create a game plan for the semester and provide tips and strategies on topics such as time management, note taking, study skills, organization, and more.

Student Success Coaches can provide you with the tools to thrive no matter what challenges you might face. Student Success Coaches are also students, so they understand your point of view and can provide fresh, new perspectives in the areas you are struggling in.

The SSC tutors work on an individualized basis to help you achieve your academic goals. These tutors can help answer your questions that you may not have felt comfortable asking in a small or large group setting, as well as provide you with skills to ace those exams and assignments.

Get in touch with SSC:

studentsuccess.mst.edu
573.341.7590

success@mst.edu
198 Toomey Hall

Plant Nanny²

Plant Nanny² keeps track of how much water you drink – each glass also waters the app's plants so you both can thrive! Every day you can collect and take care of little plants to get hydrated and grow together!

The app provides a daily water intake suggestion based on your body data and exercise habits. You can set automated reminders to let you know when it's time to drink more water and help you establish the habit of regularly drinking water. You earn rewards for regular use, and there are small missions that encourage you to stay motivated and reach your own water consumption goals!

You can adjust the settings between ml and oz, as well as set the size of your favorite cup.

The more water you drink, the more plants there are to unlock! You earn currency for each cup drank as well, so you can customize your plants to your heart's desire!



iOS



Android

FEATURED RESOURCES



JED

Missouri S&T has recently become a JED Campus Member! JED Campus aims to create a positive, lasting, systemic change in our campus community.

Through our partnership with them, we will identify opportunities to enhance emotional health, substance use, suicide prevention efforts, and ensure that we have the strongest possible mental health safety nets. As part of the process, each school establishes an interdisciplinary, campus-wide team to assess, support, and implement improvements.

Over the course of our four-year participation in the program, we will become members of a nationwide Learning Community – a network of JED Campus schools that share advice and experiences, access presentations and discussions on topics of interest, and have access to an in-depth, online resource library.

For more information, go to wellbeing.mst.edu/jed

Miner Well-Being Certification Program

Do you want to increase your happiness, resilience, and well-being? Are you looking for a more well-rounded college experience that prepares you for your future? If so, sign up to participate in the Miner Well-Being Certification Program [here](#).

The Miner Well-Being Certification is a semester-long program that connects you to the services, initiatives, and ideas to assist with your development of a holistic, well-rounded, thriving life. The program focuses on five areas of wellness outlined in Gallup's Five Essential Elements of Well-Being: Career, Social, Financial, Physical/Mental, and Community Well-Being. All of these are addressed to help you become the strongest Miner you can be!

During the program, you will participate in 3 tasks per area of wellness, including, but not limited to, attending campus events, meeting with various campus staff, and volunteering.

Upon completion of the program, you will receive a certificate signed by the director of Miner Wellness, a recommendation letter outlining what you have completed, a blurb to include in your resume, and a gift made by the S&T Hot Glass Shop (pictured below).



MINDFUL MOMENT

Vision Board




From Abby Sybert, Miner Wellness Staff


Have you ever wanted to visualize your goals for a certain task or amount of time? If so, a vision board is the perfect tool for you.


Vision boards can be made digitally, by using websites like Canva, or physically, by printing words/pictures or cutting out parts of a magazine. If you're going the digital route, first find a website or program that fits your needs. Attach words and clip art elements that show what you want to accomplish during the year or spring semester. If you're going the physical route, get a decent sized poster board and some magazines. Use glue or tape to attach the words and pictures to your board. Refer back to your vision board whenever you need some inspiration or a pick-me-up!

GET IN TOUCH

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 [@sandtminerwellness](https://www.facebook.com/sandtminerwellness)

 [@sandtwellbeing](https://twitter.com/sandtwellbeing)

THIS MONTH'S EVENTS

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

January 27th: Miner Well-Being Certification Table, Havener

January 29th: Spring-o-Rama

Want to be featured in our new 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.