

# WELLNESS CONNECTION

*Your health, your well-being, our priority!*



## LETTER FROM MAK

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Dear Reader,

As the weather cools down this month and the holiday season peeks around the corner, take a moment to think about how you treat yourself, your peers, and even your environment. In this newsletter, we are focusing on *respect*.

76% of S&T students have been following COVID-19 guidance in regard to wearing a mask, limiting close contacts, keeping 6-foot distance in public, and only leaving home for necessities\*. When you follow these guidelines, you are not only respecting your health but the health of those around you. It is important to realize that by taking precautions, you are protecting those around you who may be more at risk than you.

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

\*2020 Students' Well-being Survey

## BOOST YOUR WELL-BEING



### Reduce, Reuse, Recycle

*From Miner Wellness Staff and [epa.gov/recycle](http://epa.gov/recycle)*

Reducing, reusing, and recycling can help you, your community, and the environment by saving money, energy, and natural resources.

#### Reducing and Reusing Basics

The most effective way to reduce waste is to not create it in the first place. Making a new product requires a lot of materials and energy - raw materials must be extracted from the earth, and the product must be fabricated then transported to wherever it will be sold. As a result, reduction and reuse are the most effective ways you can save natural resources, protect the environment, and save money.

Reducing and reusing helps prevent pollution, save money and energy, reduce greenhouse gas emissions that contribute to global climate change, and helps sustain the environment for future generations.

Consider buying used items, items with minimal packaging, and reusable items over disposable ones. Donate clothes and items that are in good condition and you no longer plan on using.

Rolla has a Goodwill location at *1304 Forum Drive*.

#### Recycling Basics

Recycling is the process of collecting and processing materials that would otherwise be thrown away as trash and turning them into new products.

You can recycle by taking your qualifying items (usually paper, cardboard, batteries, plastic, glass, aluminum, and electronics) to a recycling center.

Recycling items in Rolla can be taken to the City of Rolla Recycling Center located at *2141 Old St. James Road*.

After you have taken the initiative to recycle items you already have, the next step is to purchase and use items that have been created from recycling efforts!

#### Reducing Food Waste

Most people don't realize how much food they throw away every day, from uneaten leftovers to spoiled produce.

To combat wasting food, purchase only food you need and will eat - buying in bulk is not helpful if you cannot use all of the product. Learn the shelf life for foods that commonly go bad quickly, like fruits and vegetables.

Composting is also a way to give back to the environment. Composting enriches soil, reduces the need for chemical fertilizers, and lowers your carbon footprint.

If you are not able to create an outdoor compost, indoor composting can be done by using special tools found in Rolla at Lowe's located at *2300 N Bishop Avenue*.

## STUDENT SPOTLIGHT

Sexual assault on college campuses is alarmingly high- nationally, 20% of women, 13% of men, and nearly half of all LGBTQ+ students will experience some form of sexual assault during their time on campus.

**It's On Us** is a non-profit organization that was founded in 2014 with the mission to combat sexualized violence by changing campus cultures, teaching bystander intervention, and peer-to-peer organizing and educating.

**It's On Us** believes in the importance of engaging everyone, especially young men, in the conversation to end sexualized violence. They believe that this is only possible if we center the voices and the needs of those most marginalized and affected by sexualized violence, and ensure that all students have access to evidence-based programming and up-to-date data.

**It's On Us** is a survivor-centered, trauma-informed organization, and provides students with the tools and resources to eliminate a culture of violence on campus and in the community.



### **It's On Us: Take the pledge to stop sexual assault**

*Sponsored by the men of Sigma Phi Epsilon, MO Gamma*

Read the **It's On Us** Pledge below:

It's On Us,

To RECOGNIZE that non-consensual sex is sexual assault.

To IDENTIFY situations in which sexual assault may occur.

To INTERVENE in situations where consent has not or cannot be given.

To CREATE an environment in which sexual assault is unacceptable and survivors are supported.

Learn more at [itsonus.org](http://itsonus.org)

Request a STEP UP! Bystander Intervention Training for yourself or your organization at [stepup.mst.edu](http://stepup.mst.edu)

# STUDENT SPOTLIGHT

## A compellation of lines from some of my favorite poems

*By Anonymous Student*

I love this cultured hell that tests my youth  
Unstructured and free of the rules and  
regulations of a rubric

Being pleased to walk alone  
To seek another land  
A stubborn opposition to change  
Guided by nothing and perfected by my flaws  
Being an outcast  
Beaten by the need to satisfy the standard  
Cause I am on my own  
In the battle between sanity and creativity

Do you want to see me broken  
I refuse to be with every mark  
like dust I'll rise  
Each morning I write my name  
Refusing to print the ordinary instead of settling  
for the typical  
In the heart where I have roots  
And the peace of mind that prevails

Qualified to live amongst your dead  
As nobody's darling

Though nobody can make it out here alone

I shun conviction choosing to infer  
Unlearned in the world's false subtitles  
A hundred people call, though not one friend  
Alone in brilliant circles to the end  
Gazing off  
I need to be independent  
I will be alone

My hands floating  
In the light  
Watching the people succumb to madness  
Tenet of every mind except my own  
Not because I am perfect, because I am  
broken  
Perhaps I awaken  
Or am I lost sleeping  
In my sea of renewal  
To parry a hundred doubts with nimble talk  
who do you know that stops that long  
To help another carry on

But nobody can make it out here alone

Storm clouds are gathering  
The wrinkled sea beneath me crawls  
The race of man is suffering  
To cure their hearts of stone  
With the certainty of the tides  
I'm a black ocean, leaping and wide  
I flow with life but take no form  
Welling and swelling I bear in the tide  
I am a thousand winds that blow  
It is difficult to say where  
Or how large or small I am  
But if you look close enough  
Eventually  
you will be able to see me  
I am the gentle autumn rain  
I am the lake in the center  
Where water is not thirsty

And nobody can make it out here alone

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Want to be featured in Student Spotlight? Submit original content, such as a personal piece, poem, short story, photographs, recipe, or other form of content to [minerwellness@mst.edu](mailto:minerwellness@mst.edu). Please keep written content under 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.

## FEATURED RESOURCES



### Equity and Title IX

Equity and Title IX serves as a resource to students, faculty, and staff in education, prevention, investigation of sexual violence, as well as other possible violations of the university’s non-discrimination policies.

In addition to these efforts, the office of Equity and Title IX facilitates the development of a more diverse and inclusive campus. Equity and Title IX also work with current faculty, staff, and visitors to the university in appropriately exercising their rights under the Americans with Disabilities Act.

The office of Equity and Title IX provides support to all members of the campus community who experience or witness such an incident. The offices of Counseling Services, Student Disability Services, Miner Wellness, and Student Affairs provide a wealth of resources.

Get in touch with Equity and Title IX:  
 equity.mst.edu                      equity@mst.edu  
 573.341.7734                      203 Centennial Hall

### Joe's PEERS

Joe’s PEERS (JPs) is a student leadership organization. JPs will develop experience in public speaking, interpersonal communication, self-management, teamwork, and act as resource persons to the campus community.

JPs provides students education, encouragement, and resources on alcohol and drug harm reduction, stress management, sleep, mental well-being promotion, healthy relationships and sexualized violence prevention, sexual health, nutrition and fitness, and bystander intervention.

Meetings are held every Monday during the semester. If you are a member, you will help with all large-scale events and host tabling events, Miner Wells, and other outreach.

Interested in joining or learning more?  
 Visit [minerwellness.mst.edu/peereducation/joespeers](http://minerwellness.mst.edu/peereducation/joespeers)  
 Email [minerwellness@mst.edu](mailto:minerwellness@mst.edu)  
 Come to 203 Norwood Hall



## MINDFUL MOMENT



### Chicken and Dumpling Soup

*from ChooseMyPlate.gov*

Cost of recipe: \$\$\$\$\$

Makes 8 servings

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#### Ingredients

##### *For the Soup*

- 2 tablespoons vegetable oil
- 2 cups carrot, chopped
- 1 cup onion, chopped
- 1 cup celery, chopped, including some leaves
- 8 cups chicken broth
- 2 cups cooked chicken breast, shredded
- 1/2 teaspoon black peppercorns
- 1 teaspoon dried thyme
- 2 bay leaves
- 2 cups fresh spinach, coarsely chopped

##### *For the Dumplings*

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 3/4 cup skim milk
- 1 large egg

#### Directions:

1. Heat oil in Dutch oven or soup kettle over medium-high heat.
2. Saute carrot, onion, and celery for 5 minutes; stir in broth, chicken, peppercorns, thyme, and bay leaves.
3. Reduce heat to low; simmer, partially covered for 20 minutes.
4. Meanwhile, in a small bowl, mix dumpling ingredients until well blended.
5. Drop small spoonfuls of dumpling dough into simmering soup.
6. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook).
7. Stir in spinach.
8. Remove bay leaves before serving soup.

# MINDFUL MOMENT

## What are you thankful for?



*From Miner Wellness Staff*

It's almost Thanksgiving - a time to surround yourself with friends and family and enjoy delicious food! This November, introspect on yourself and your life to discover what you are thankful for.


Consider keeping a journal to write those things down - start by writing 10 things! They could be as simple as enjoying a few minutes of quiet time or as big as getting a new internship!


When you're feeling down, look back through the journal to remember these moments.

Miner Wellness is thankful for all of you.

## GET IN TOUCH

 [minerwellness@mst.edu](mailto:minerwellness@mst.edu)

 (573).341.4225

 @sandtminerwellness

 @sandtminerwellness

 @sandtwellbeing

## THIS MONTH'S EVENTS

Have an event you want featured? Submit to [minerwellness@mst.edu](mailto:minerwellness@mst.edu)

November 9-13: Sexual Assault Awareness Week

November 11: Veterans' Day

November 21-29: Thanksgiving Break

November 26: Thanksgiving