

# WELLNESS CONNECTION

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



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## LETTER FROM MAK

Dear Reader,

October is home to many important observances- LGBT History Month, Hispanic Heritage Month, Mental Well-Being Awareness Week, National Domestic Violence Awareness, and more- and one thing that those all have in common is this: **advocacy**. In fact, 93% of S&T students believe it is their responsibility to intervene when someone's health, well-being, or safety is in jeopardy!\*

Whether you are advocating for yourself, or advocating for those who can't advocate for themselves, it's important to remember that advocacy is based around true understanding: of your own needs and the needs of others, without assuming or pushing an agenda.

In this issue, we are presenting you with ways that you can actively advocate for yourself, and ways to learn to advocate for others. We hope you enjoy!

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

\*2020 Missouri Assessment of College Health Behaviors

# BOOST YOUR WELL-BEING



## Forest Bathing

by Laura Woods-Buchanan, Miner Wellness Staff

Those of us who like to spend time outdoors all have something in common: there is something you get from immersing yourself in nature that can't be replicated elsewhere. But don't worry- forest bathing isn't immersion into nature as literally as it sounds! Forest bathing, as defined by the Japanese Ministry of Agriculture, is simply the act of spending time under the canopy of trees, and immersing oneself in the atmosphere of the forest.

So, based on nearly 40 years of research and data collection, what are some benefits to forest bathing? As seen in "Shinrin-Yoku (Forest Bathing) and Nature Therapy: A State-of-the-Art Review", published in 2017, some of the benefits of forest bathing include decreased stress, improved mood states, improved vigor, reduced fatigue, and a variety of mental and physical health benefits. Participants in forest bathing activities saw positive changes in their blood pressure levels, stress hormones, and immune function.

Regardless of these varying health benefits, it's always important to take time for activities that aren't related to school, work, or tied to other specific stressors. Peaceful moments, no matter how small, are important to a positive well-being!

### HOW TO FOREST BATHE

#### FIRST STEP

Find a wooded area near you that: has a lot of tree cover, won't be overly crowded, and you feel safe going to. Go alone or find another person/small group to go with.

#### SECOND STEP

Dress comfy and appropriately for the weather in your area. It's best to go during moderate weather, so things like rain or cold dampen your energy and mood. Also keep in mind if there could be bugs, animals, etc. Pack "accessory" items based on how long you will be there- food, a book, etc- but try to avoid any use of electronics/distractions!

#### THIRD STEP

Once you arrive, try to stay relatively quiet and engage your senses- listen to the sounds of the forest and look at the vast amounts of life around you. Close your eyes and find internal peace- name your current stressors, accept their importance, and set them aside for later. Thank yourself for taking time for self-care and healing. Take a deep breath, open your eyes, and repeat until you are ready to begin.

#### FOURTH STEP

Walk slowly and stop often. There is no rush, no destination. Enjoy the environment around you, and observe your surroundings!

# FEATURED RESOURCES



## Student Health

Student Health operates on the student health fee which allows students to visit the healthcare team with no copay. Some medications, procedures, and laboratory tests may be provided at an additional reduced cost.

Services provided by Student Health include urgent care, allergy injections, STI testing, well-woman exams, vaccines, travel consults, orthopedics, and sports medicine.

Student Health is currently only seeing students by appointment.

Student Health will order nasal testing for any student that providers feel need to be tested. COVID-19 antigen tests are also available with same-day results.

Get in touch with Student Health:

**studenthealth.mst.edu**      **mstshs@mst.edu**  
**573.341.4284**                      **910 W. 10th St., Rolla**

## STEP UP!

### Bystander Intervention

STEP UP! empowers the campus community to foster a culture of awareness, intervention, and inclusion in all our interactions: in person, on social media, and virtually.

STEP UP! helps students recognize problematic events and increases their motivation, skills, and confidence when responding to problems or concerns.

Miner Wellness offers trainings for general bystander intervention, mental well-being, alcohol, diversity and inclusion, and sexual violence.

Upstanders are everywhere, stepping up where it matters the most! Whether it is holding a door for someone, helping your neighbor carry their groceries, returning a wallet, or helping a friend get home safely from a party.

If you see an Upstander helping others, nominate them through our website ([minerwellness.mst.edu](http://minerwellness.mst.edu)). They will be featured there and can be eligible to win a prize!



## MINDFUL MOMENT



### Basic Quiche Recipe

from *ChooseMyPlate.gov*

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

Makes six servings

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Ingredients:

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped; use any vegetables you have- can be fresh, canned, or frozen!)
- 1/2 cup cheese (shredded)
- 3 eggs
- 1 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

Directions:

1. Preheat the oven to 375 degrees.
2. Put shredded cheese into a medium sized bowl.
3. If necessary, chop the vegetables until you have 1 cup of chopped vegetables.
4. Using a small amount of oil, butter, or water, cook the vegetables until they are cooked, but still crisp- not overly soft/mushy.
5. Put the cooked vegetables into the bowl with shredded cheese and mix well. Then pour the cheese/vegetable mix into the pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving.

Additional notes:

- You can add in any additional desired proteins, such as bacon, sausage, tofu, etc; then add to the cheese/vegetable mix before pouring into pie crust. **\*\*Make sure all meat is cooked before adding to the quiche mix!**
- Refrigerate any leftovers. You can store quiche in your fridge for up to four days. Quiche can be frozen for up to four months.

For more recipes like this, go to  
[choosemyplate.gov/myplatekitchen](https://www.choosemyplate.gov/myplatekitchen)

# MINDFUL MOMENT

## Jump Rope Challenge

### Nintendo Switch



From Abby Sybert, Student, Miner Wellness Staff

As the weather gets colder, stay warm with some indoor exercise! Jump Rope Challenge is a way to add some quick and fun movement into your daily life.

By using a pair of Joy-Con controllers and imagining them as the handles of a jump rope, you can virtually jump rope every day. With hopping bunnies as the characters, simple menus, and no long tutorials to jump through, it's quick and easy to learn the ropes. You can even skip in style with a number of outfits and backgrounds!

Available for free on the Nintendo eShop.

## GET IN TOUCH



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



(573).341.4225



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## THIS MONTH'S EVENTS

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

October 9: Virtual Latin Dance Night - SDI

October 12-16: Mental Well-Being Awareness Week

October 13: Open STEP UP! for Mental Well-Being Training

October 21: International Pronouns Day - SDI

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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](mailto: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.