

WELLNESS CONNECTION

Your health, your well-being, our priority!



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LETTER FROM MAK

Dear Reader,

Changes and transitions can be so difficult, especially when things feel out of our control. This month, we are focusing on what we can control, and taking the rest one day at a time...with the help of friends, lots of coffee and frequent (sometimes healthy) snacks!

Did you know that 83% of S&T students turn to their friends when personal concerns arise?* Having a friend to understand our struggles and to go through transitions with can be invaluable. If you are struggling to make friends, try joining a campus club, introduce yourself to people in class, seek out virtual get-togethers, or social media groups that interest you. But most of all, be intentional about making friends and make it a priority. Remember that others are feeling the same way right now, you're not alone. Try to be the first to reach out, and don't forget to be yourself!

We hope you had a good first few weeks of the semester, and look forward to writing to you soon.

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

*2020 Missouri Assessment of College Health Behaviors

BOOST YOUR WELL-BEING



How to Support a Friend in Recovery

by Counseling and Miner Wellness Staff

When we have a friend trying to overcome addiction, it's hard to know what will be harmful or beneficial to their recovery process. Just as addiction looks different for every person, recovery does as well.

There are many ways to support a friend going through the recovery process, some of which are outlined below.

- **Educate yourself on what it means to be in recovery:** Addiction looks different for every person, and can be a very complex process. Recovery doesn't necessarily mean sober, although that is commonly believed. Being in recovery means exploring your behaviors, reflecting on ideas for change, avoiding negative consequences, and experiencing the support of a safe group. Most commonly on a university campus, students are in recovery for alcohol or substance misuse. When you are close to someone who is in recovery, it is important to know potential triggers, health concerns, how to avoid enabling, what the recovery process looks like, and the physical and psychological concerns that come with addiction.
- **Support all forms of progress and effort:** Recovery is often a lifelong process, of managing triggers and keeping in line with established goals. Supporting someone in recovery means acknowledging small milestones, not just the big ones.

Addiction and substance misuse can have lasting impacts on a person that don't go away after their goals have been met.

- **Make changes to support recovery:** The support of loved ones is often critical to someone in recovery. Some of the changes you can make include (1) removing addictive substances from your shared living spaces, (2) avoiding social gatherings where substance use/triggering activities will occur, (3) finding new activities to do together that will be less triggering, (4) putting a focus on goals and moving forward with life instead of focusing on past mistakes or events, and (5) helping build new relationships with others who are in similar situations.
- **Reduce Stressors:** One of the biggest causes of relapse is stress, so doing your best to help reduce stressors can be important. Some activities that you can encourage (or to do with) that can help someone in recovery are journaling, exercise, meditation/yoga, breathing techniques, or learning new hobbies/skills.

Learn more about how to support a friend in recovery by taking the Collegiate Recovery Ally Training at mopiptraining.org/MACRO

Miners 4 Recovery, Counseling Services
counseling.mst.edu
counseling@mst.edu
 573.341.4211

FEATURED RESOURCES



Career Opportunities and Employer Relations

Career Opportunities and Employer Relations (COER) is your hub for all things career and professional development. They can help you find full-time employment, internships, co-op experiences, and more. COER houses Handshake, a job search database, making it easy to get connected with potential employers and opportunities. COER facilitates on-campus interviews, professional advising, LinkedIn profile review, seminars, and more.

One of the most important events that COER facilitates is the Career Fair each semester, one of the largest career fairs in the Midwest. While this semester's career fair will look a little different than previous semesters- being held virtually through the **Career Fair Plus App** (pictured below)- it will still be a highly sought after event.



Get in touch with COER:

career.mst.edu
573.341.4343

career@mst.edu
3rd Floor Norwood Hall

Ask.Listen.Refer.

Ask Listen Refer is a statewide online suicide prevention training program created for campuses throughout Missouri, backed by current and relevant data.

The Missouri S&T Suicide Prevention Training Program was designed to help faculty, staff, and students prevent suicide by teaching you to:

- identify people at risk for suicide
- recognize the risk factors, protective factors, and warning signs of suicide
- respond to and get help for people at risk

The training takes about 20 minutes to complete, and is completed in one sitting online. It is intended to be educational rather than therapeutic.

To complete the Ask.Listen.Refer. suicide prevention training, for the first time or as a returning user, visit asklistenrefer.org/mst, and use your @mst.edu email to register/log in.



MINDFUL MOMENT

Breathing Exercises to Calm Anxious Feelings




From University of Michigan Health


Equal Breathing: Be sure to get comfortable, sitting or lying down. Shut your eyes and focus on your normal breath for several seconds. Then, slowly count 1-2-3-4 as you inhale through your nose. Exhale for the same four-second count. As you inhale and exhale, be mindful of the feelings of fullness and emptiness in your lungs.


Lengthen your Exhale: After an inhale, push all the air out of your lungs, naturally inhaling after. Continue this for a few minutes.


Body Scan Breathing: Starting at the top of your head and working your way down to your toes, you'll tense every muscle group, one at a time, for 3-4 seconds. With each flex, inhale through the nose for the duration of the flex. When you release, exhale a little more slowly through the mouth for 5-6 seconds. Don't forget the smaller muscle groups. Let the face, the fingers, your core, and even your toes have a turn.

GET IN TOUCH

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THIS MONTH'S EVENTS

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

All month: National Recovery Month

September 2: What's Cookin' Breakfast - SDI

September 10: Worldwide Suicide Prevention Day

September 22: Career Fair

Want to be featured in our new section, Student Spotlight?

Submit original content, such as a personal piece, poem, short story, or other form of written content (and related picture if desired) 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 or anonymously, whichever you prefer.