

# WELLNESS CONNECTION

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



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## LETTER FROM MAK

Dear Reader,

Welcome to campus, and welcome to the first e-newsletter from Miner Wellness, the *Wellness Connection!* Did you know: 82% of S&T students agree that they lead a purposeful and meaningful life?\* With this e-newsletter, our goal is to make it 100%. We hope to give you the tools to better your well-being, and keep you connected with resources in our community and beyond.

Each month, you'll receive a new e-newsletter to your S&T email. If you have any topics you'd like us to include (such as a fun recipe/craft, personal piece, story or poem, any events occurring soon, or a resource you value), please reach out to our office. All our contact information is listed on the last page of this newsletter. All of our newsletters will be stored on our website, [minerwellness.mst.edu](http://minerwellness.mst.edu), under "Resources".

We hope you enjoy this publication, and learn a little along the way, too.

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

\*2020 Missouri Assessment of College Health Behaviors

# BOOST YOUR WELL-BEING



## Budgeting for the Semester

by Brett Hartley, Miner Wellness Staff

College offers a chance for autonomy: daily life, and subsequent choices, are now yours to decide without worry or burden of parents, siblings, and their expectations. However, that means no more free home laundry, stocked fridge and borrowing cash...so what now?

Below are some potential questions to consider before budgeting for the semester. Do you...

- ...Live in the dorm or off-campus?
- ...Use a meal plan or buy groceries/eat out?
- ...Work on-campus, off-campus, or not at all?
- ...Pay out of pocket for school or through loans?
- ...Use a debit card, credit card, or cash?
- ...Budget just for you needs, or for your wants too? For emergencies?

### FIRST STEP

Determine your money source. Are you using money you have to pay back with interest at a later time for your plate of tacos? Or, are you using money that you are earning? If you can avoid using loans and credit for expenses and activities of daily living, you will save yourself from interest payments, climbing balances and paying off your buffalo pizza habit when you are 41 years old!

### SECOND STEP

Write down what your reoccurring educational expenses are, and then write down your everyday expenses. Create totals for the week, month, and year, including items that are fixed: housing, books, utilities, transportation, and savings; along with items that vary: groceries, eating out, entertainment, health, clothing, and laundry.

### THIRD STEP

Keep a ledger of your spending. Keep receipts, or use your mobile banking app, and check spending daily, weekly and monthly to see if you are on track with matching your budgeted and real-life expenses. You can always adjust if and as needed.

Enjoy yourself and your experiences, but don't let your spending surprise and sneak up on you!

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Get in touch with Student Financial Assistance to speak with a professional and get more tips:

sfa.mst.edu  
sfa@mst.edu  
G-1 Parker Hall  
573.341.4282

## FEATURED RESOURCES



### Sanvello

Sanvello is an app that allows you to experience on-demand help for stress, anxiety, and depression. Recently, UM System partnered with Sanvello to provide all UM System students, faculty, and staff with free access to the premium features of the app.

An evidence based mobile care solution created by clinical experts, Sanvello uses clinically validated techniques such as cognitive behavioral therapy (CBT) that are designed to work together to help you learn how to thrive. This mobile app provides simple, evidence-based strategies to support students in experiencing their best mental health.

Download the app from the app store, iTunes or Google Play, create an account using your university e-mail, and try out the simple, evidence-based strategies that support mental health.

### Joe Miner ChatBot

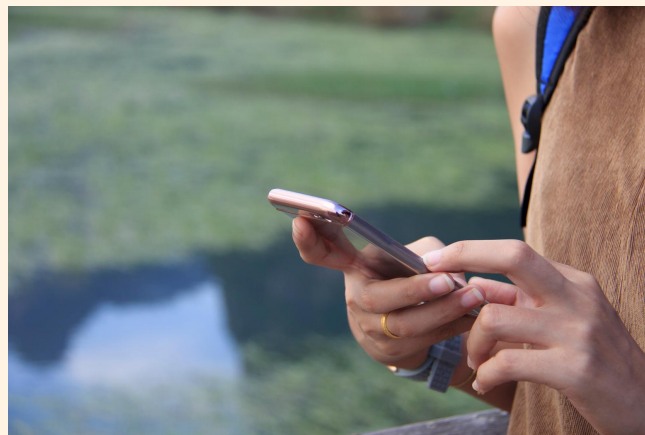
Your A.I. liaison is waiting to help you, just ask!

Using text messaging powered by artificial intelligence, Joe Miner ChatBot provides timely information and solicits the voice of our students at scale. Joe Miner helps identify student needs and factors affecting their success. As a liaison, Joe Miner connects students with individualized resources, tips, and services, for success.

You will be contacted no more than once a week, with new information or questions about your S&T experience.

S&T wants to involve you in the conversation- the Joe Miner ChatBot provides a meaningful way to enhance your return on investment in your S&T education.

For more information about the program and how to sign up, visit [stuaff.mst.edu/edsights](http://stuaff.mst.edu/edsights)



# MINDFUL MOMENT

## Low Cost Trail Mix (under \$10 for 10 servings)




From Laura Woods-Buchanan, Miner Wellness Staff


- 1/2 cup almonds (unsalted)
- 1/2 cup cashews (unsalted)
- 1/2 cup pumpkin seeds (unsalted)
- 1/2 cup dark chocolate chips
- 1/2 cup dried cranberries
- dash (1/8 tsp) sea salt (to taste)
- dash (1/8 tsp) cinnamon/spice(s) of choice (to taste)


1. Portion all ingredients except spice(s), and mix in a medium sized bowl using a spoon.
2. Sprinkle spice(s) into bowl while mixing to ensure even distribution.
3. Enjoy! One serving is roughly 1/4 cup. Store any leftovers in an airtight container.

## 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)

August 17-21: Opening Week; Returning students: participate in the Miner Wellness Activity Tracker! Find it at [minerwellness.mst.edu](http://minerwellness.mst.edu) under "Upcoming Events".

August 21: MinerRama

August 26: Student Diversity Initiatives Open House

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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, or other form of written content (and related picture if desired) 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 or anonymously, whichever you prefer.