



# BLACK WRITERS YOU SHOULD KNOW



During Black History Month, we'd like to showcase amazing works from amazing Black authors. This list is just a drop in the sea of possible books, but hopefully you find something that catches your interest:

- Between the World and Me* by Ta-Nehisi Coates (non-fiction)
- Black Leopard, Red Wolf* by Marlon James (historical fantasy)
- Such a Fun Age* by Kiley Reid (coming-of-age)
- I Know Why the Caged Bird Sings* by Maya Angelou (memoir)
- Indigo* by Beverly Jenkins (romance)
- Sister Outsider* by Audre Lorde (essays)
- My Sister, the Serial Killer* by Oyinkan Braithwaite (thriller)
- Red at the Bone* by Jacqueline Woodson (family)
- The Hate U Give* by Angie Thomas (young adult)
- The Color Purple* by Alice Walker (classics)

## GET IN TOUCH



minerwellness@mst.edu



(573).341.4225



@sandtminerwellness



@sandtwellbeing



# tips for better sleep



- 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

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# MAKE 2021 YOUR YEAR

## BY CREATING A VISION BOARD!

If you've ever wanted to visualize your goals for a certain task or amount of time (like the spring 2021 semester), a vision board is the perfect tool for you. By making a vision board, you are paying better attention to the goals and aspirations most important to you, which will help you bring them to fruition!

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.

### Examples of potential prompts:

- goals for the year: educational, personal, financial, health/fitness, or others
- daily reminders/affirmations
- inspirational quotes or phrases
- lists: books to read, movies to watch, places to visit, people to see, etc



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## THIS MONTH'S HEALTH AND WELL-BEING FEATURED RESOURCES



### MISSOURI S&T RESOURCES:

**UCARE**: UCARE is a campus committee that reaches out to reported students of concern. A student of concern is a student struggling with their mental health, no matter how minimally or extremely. Submit a UCARE report when concerned about a student, regardless of how insignificant the concern may seem. Go to [ucare.mst.edu](http://ucare.mst.edu) to learn more or to report a student in distress.

**Wellbeing.mst.edu**: Check out our new Health and Well-Being website, a one-stop site to get you connected with S&T's health and wellness-related departments and resources.

**Student Success Center**: Stop by the SSC to get 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. Go to [studentsuccess.mst.edu](http://studentsuccess.mst.edu) to learn more.

### OTHER RESOURCES:

**Plant Nanny<sup>2</sup>**: Plant Nanny<sup>2</sup> encourages you to drink more water by keeping track of how much you drink- each glass waters the app's plants so you both can thrive! Every day you can collect and care for little plants to get hydrated and grow together! Find it in the app store.

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