

# WELLNESS CONNECTION

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



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### THIS MONTH'S EVENTS

## LETTER FROM MAK

Dear Reader,

We are so excited that it's March, our favorite month of the spring semester. St. Pat's celebrations are kicking off, it's almost Spring Break...what more could we want!?

We have included activities and crafts for you to put to use during your time off, and to help you celebrate the early days of spring.

While March is full of fun and exciting events, it's important to remember that there are resources and services for you on campus during the not-so-fun times too. We have featured a few, but you can always find more health and well-being resources at [wellbeing.mst.edu](http://wellbeing.mst.edu).

We hope you enjoy this month's edition, and here's to the 113th Annual Best Ever St. Pat's! 

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

\*2020 Missouri Assessment of College Health Behaviors

## BOOST YOUR WELL-BEING



### Gardening Without a Yard

*From GreenUpSide*

Some of the easiest plants you can grow without a yard are microgreens, lettuce, tomatoes, and basil.

#### **Microgreens**

Microgreens are the seedlings of plants that are harvested before they're fully grown. You can eat both the leaves and stems of microgreens; add them to salads or other meals or just eat them raw!

Common seeds to grow microgreens from include sunflower seeds, beets, broccoli, lettuce, and peas.

Use a long, flat, and shallow container or grow bags filled with potting soil. From there, keep your plants in a window with lots of sunlight and add water frequently.

When the seedlings reach 1 to 3 inches tall they are ready to harvest! You should be able to harvest them every week or two.

#### **Lettuce**

Lettuce grows quickly and is great for salads or wraps.

Tom Thumb Butterhead lettuce and Little Gem lettuce are the a few varieties you can grow when you don't have a yard.

Tom Thumb Butterhead lettuce are ready to harvest in 50 to 70 days, but if you offset your planting, you could harvest a head every week.

Little Gem lettuce is a miniature version of Romaine lettuce. This variety is ready to harvest in 30 to 50 days, meaning you'll be ready to eat in just a month!

Consider using one long container to grow all of your plants. Make sure to provide your crops with an abundance of sun and water - if your soil feels dry a few inches in, go ahead and water them.

#### **Tomatoes**

The best type of tomatoes to grow in your dorm room are cherry tomatoes!

Tomato plants need larger pots than to prevent the plant from tipping over. These plants will also only produce once, so make sure to plant new seeds every few weeks.

Tomatoes need full sun and watering is similar to lettuce - feel the soil and water when dry.

#### **Basil**

Basil can be picked in any of the growing stages, but make sure to leave some leaves on the plant so it can continue to grow. You can use them fresh or cooked!

Basil grows in a small container, needs full sun, and needs moist soil.

Some common varieties include sweet basil, cinnamon basil, and Thai basil.



## DATA BRIEF

# Alcohol Use and Effects at Missouri S&T

*From Dr. Minor, Physician, Director of Student Health*

With St. Patrick's Day and several St. Pat's events on campus this month, March is a common month to see an increase in binge drinking at S&T, and thus an important topic to review. There are several short and long-term effects of drinking alcohol, and particularly with binge drinking, which will be covered momentarily. My goal is to provide a healthy reminder to be responsible when consuming alcohol, not only in March but well into your post-college days.

I would like to emphasize that the result of one event while drinking alcohol, such as driving while under the influence, could have a profound impact on your career. For example, a physician will often be unable to obtain a professional medical state license, and thus not able to work in their trained field. This can occur in any profession where you are required to maintain certification or a license.

While there are long-term effects of drinking, such as increased cancer risk, liver failure and cirrhosis, alcoholism and addiction, the short-term consequences that often go hand in hand with binge drinking are not benign and include the following:

- Alcohol poisoning (can be fatal)
- Nausea, vomiting, and hangover
- Unintentional injuries (falls, stitches, broken bones, concussion)
- Unplanned sex, unprotected sex, unplanned pregnancies
- Increased risk of antisocial, violent, or aggressive behaviors (often with legal ramifications)
- Increased risk of infectious disease transmission (COVID-19, in addition to the more typical mono and other viral illnesses)



While I encourage everyone to drink responsibly, I am overall encouraged by results of the 2020 Missouri Assessment of College Health Behaviors (MACHB), though there are a couple of stats that catch my eye. A binge drinking concern that I see is the mean number of times that students in the State of Missouri binge drink each month. The MACHB results report that an S&T student consumes 5 or more alcoholic drinks over a 2-hour period just over once in the previous 30 days (1.02 times), which is slightly worse than the average non-S&T student (0.95 times). This means that the average S&T student may binge drink monthly. We also have 60% and 16% of S&T students who at least, in part, drink “as a means to relax” or “have nothing better to do”, compared to only 49% and 11% of non-S&T students in Missouri, respectively.

Some protective strategies you can use to avoid binge drinking are to track your drinks, avoid community drinks, alternate water and alcoholic drinks, set a drink limit before going out, set a pre-determined time to leave, and have an accountability partner.

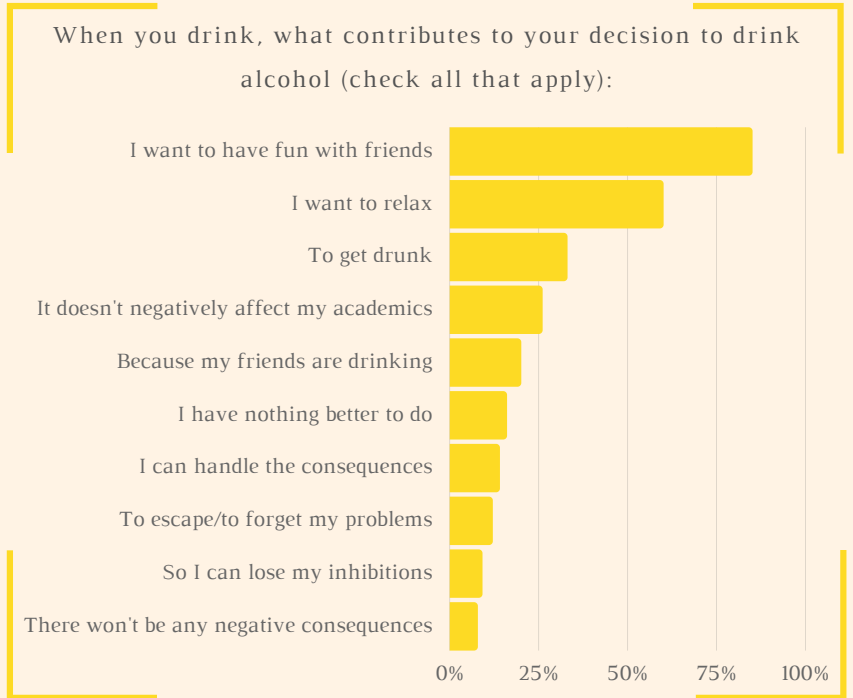
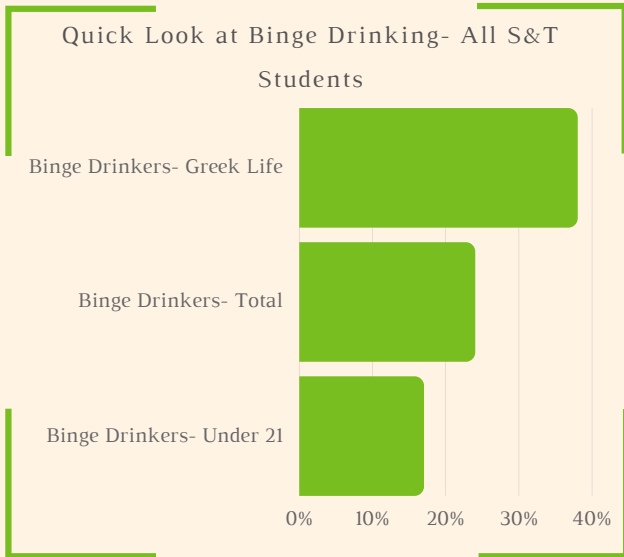
I encourage all of you to be responsible in the month of March, helping to establish consistent behaviors that can be maintained throughout adulthood.

# DATA BRIEF (CONTINUED)

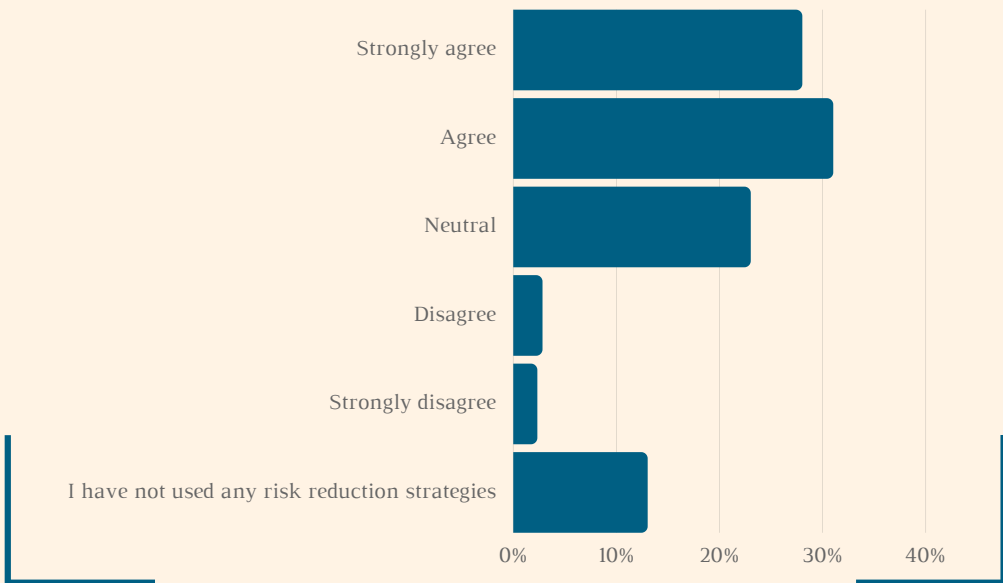
## Alcohol Use and Effects at Missouri S&T

From 2020 Missouri Assessment of College Health Behaviors (MACHB)

n=456



My personal use of risk reduction strategies (limiting number of alcoholic drinks consumed, using protection during intercourse, abstaining from alcohol or drugs, etc) has positively impacted my academic success



## STUDENT SPOTLIGHT

In collaboration with Miner Wellness, Meghan Ceja, Kristner Franklin, Jeremy Clarkson, and Brenna Tatom are providing a learning initiative to gauge Missouri S&T student knowledge on sexual education, with particular interest in Sexually Transmitted Infections and Diseases. As part of this learning initiative, we invite you to participate in the following questionnaire which is designed to gauge your understanding of material that will be covered in a subsequent 10 minute video. The questionnaire should take no longer than 10 minutes of your time. One week following the video, a post survey will be provided to participants.

To encourage participation in our learning initiative, we will be placing participants' emails in a drawing for **two \$20 Amazon Gift Cards!** In order to be placed in the drawing, participants must complete both surveys. Each selected winner only has the opportunity to win once and each gift card will be received electronically.



### STI Health Psych 4590 Survey

*By Meghan Ceja, Kristner Franklin, Jeremy Clarkson, and Brenna Tatom*

Take the survey [here](http://www.survey-maker.com/QC9REBTFO), or go to this link:  
<http://www.survey-maker.com/QC9REBTFO>

**Disclaimer:**

Please note: This provided learning experience is completely anonymous and your participation is completely voluntary. Emails obtained from the following questionnaire will be used to send subsequent material and for the drawing of the raffle of the Amazon gift cards only. Emails will be disposed of following this learning experience. Data collected from this questionnaire will be for determining the usefulness of the provided learning material only.

## FEATURED RESOURCES



### CHEERS

CHEERS was designed to increase the number of designated drivers throughout the state of Missouri. Participating locations provide FREE non-alcoholic beverages to the acknowledged designated driver in a group of two or more. It's a way of saying thanks for caring about the safety of your friends and community!

Please support bars and restaurants that participate in CHEERS, and if your favorite place is not a member, encourage them to adopt the program.

Participating locations in Rolla are:

- Alex's Pizza
- Applebee's
- Bandana's
- El Maguey
- Hoppers Pub
- Johnnie's on Route 66
- Meramec Vineyards Winery
- Imo's
- Public House Brewing Co
- Sidney's
- Tater Patch

### BASICS

The goal of BASICS (Brief Alcohol Screening and Intervention for College Students) is to motivate students to reduce risky behaviors associated with alcohol consumption. BASICS will provide you with a structured opportunity to assess your own risk, identify potential changes that could work for you, and help you to reduce your risk for developing future problems. BASICS is not an abstinence-only program.

BASICS is non-judgemental and confidential. The program consists of two 60-minute sessions held within two weeks of each other; the first session includes alcohol education and screening, and the second session provides personalized feedback about alcohol use, risk, protective factors, and consequences experienced, as well as norms clarification, ways to reduce future risks, and options to assist in making changes.

If you're interested in learning more or taking the program, contact our office at [minorwellness@mst.edu](mailto:minorwellness@mst.edu) or 573.341.4225



BRIEF ALCOHOL SCREENING AND  
INTERVENTION FOR COLLEGE STUDENTS

# FEATURED RESOURCES



## Counseling Services

Mental health is important in every stage of life — don't wait to take care of it. Counseling's mission is to provide clinical services and support the mental well-being of the Missouri S&T community.

Counseling can help you to realize your academic and personal goals; meeting with a counselor can help you clarify issues, explore options, and cope more effectively. As an individual, you have unique concerns and needs.

Individual and group counseling sessions are available.

Current support group topic sessions are for ADHD, ASD, family issues, Graduate students, LGBTQ+, Miners for Recovery, personal safety, and "Thriving, not just Surviving".

Current informational group topic sessions are for cognitive behavioral therapy, healthy relationships, resilience and coping, social confidence, and test anxiety.

Get in touch with Counseling Services:  
[counseling.mst.edu](http://counseling.mst.edu)                      [counsel@mst.edu](mailto:counsel@mst.edu)  
573.341.4211                                      204 Norwood Hall

## Miner Support Network

The Miner Support Network offers peer-facilitated groups for all Missouri S&T students. In these groups, you will meet weekly with the same people, talk about your current stressors and worries, connect with a variety of students, and have a place to be yourself, all in a supportive environment. These groups are led by Joe's PEERS Peer Wellness Coordinators.

Current groups meet at these times:  
Tuesdays, 11am-12pm, Toomey 250  
Wednesdays, 6pm-7pm, virtually  
Thursdays, 5pm-6pm, Toomey 260  
All groups have openings!

If there is a time not listed here that works better for you, please let us know in the form!

Graduate students may prefer Tuesdays and Thursdays to meet with other Graduate students.

If interested, please fill out [this form!](#)



## MINDFUL MOMENT



### **Tiramisu Icebox Pie**

*From OneLittleProject*

#### Ingredients:

##### *Crust*

- 2 1/4 cups crushed ladyfingers
- 1/4 cup milk powder
- 2 tablespoons granulated sugar
- 1/2 teaspoon fine sea salt
- 1/4 cup unsalted butter, melted
- 1/4 cup heavy cream

##### *Filling*

- 1 (1/4oz) envelope powdered gelatin
- 1 1/4 cups whole milk, divided
- 1 cup (8oz) unsalted butter, softened
- 1/3 cup cream cheese, softened
- 1 teaspoon vanilla bean paste
- 1 teaspoon coffee extract
- 1/2 teaspoon fine sea salt
- 1 teaspoon instant coffee granules
- 1 cup granulated sugar, divided
- 4 large eggs

Make the crust: Preheat oven to 300°F. Whisk together crushed ladyfingers, milk powder, sugar, and salt in a medium bowl until combined. Add butter and cream; stir until the crumbs are evenly moistened. Press crumb mixture into the bottom and up sides of a lightly greased 9-inch fluted round tart pan with removable bottom. Bake crust until surface feels dry, about 10 minutes. Cool crust completely on a wire rack, about 30 minutes.

Make the filling: Sprinkle gelatin over 1/4 cup of the milk in a small bowl; let stand 1 minute. Combine gelatin mixture, butter, cream cheese, vanilla bean paste, coffee extract, and salt in a large bowl. Set aside.

Combine instant coffee, 1/2 cup sugar, and remaining 1 cup milk in a small heavy-bottomed saucepan. Cook over medium, stirring occasionally, until sugar dissolves.

Whisk together eggs and remaining 1/2 cup sugar in a medium bowl until smooth. Gradually add 1/2 cup hot milk mixture to egg mixture, whisking constantly. Pour egg mixture into saucepan with remaining milk mixture, and stir to combine. Bring to a boil and cook, stirring constantly, about 3 minutes; remove from heat.

Pour hot custard over gelatin mixture, and whisk until butter has melted. Using an immersion blender, process until silky smooth and emulsified, about 30 seconds. Press plastic wrap directly onto surface of custard, and chill until custard is cold and set, about 3 hours.

Spoon chilled mixture into crust. Using an offset spatula, smooth surface. Press plastic wrap directly onto surface of custard and chill until completely set and sliceable, at least 2 hours. Pie may be frozen for up to 1 month. Defrost frozen pie in refrigerator for 4 hours before serving.



# MINDFUL MOMENT



## Paper Hyacinth Craft

From *OneLittleProject*

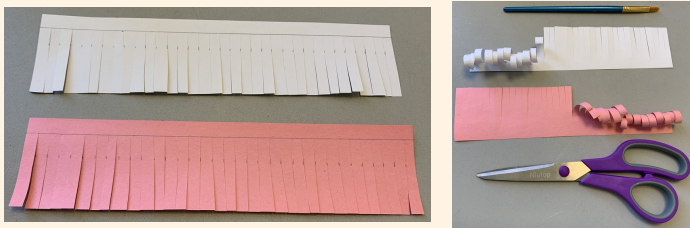
### Supplies:

- Assorted colors of cardstock/construction paper
- Thin green construction paper
- Scissors
- Ruler
- Pencil
- Glue Stick

Cut a strip of cardstock/construction paper ~8.5" long and 2" wide.

Holding the paper lengthwise, measure 3/8" from the top and lightly draw a line across.

Measure and mark 1/4" strips across the entire length of the paper, then cut each strip up to the 3/8" line.



Using a pencil, knitting needle, wooden skewer, or anything else small and cylindrical, roll each strip as far as it will go.

Alternatively, you can curl each strip with scissors and then manually curl them. See [this video](#) for instructions on curling paper. Be careful not to rip the strips!

With either curling method you choose, make sure you can't see the pencil marks while curling.

Cut a strip of your green paper ~8.5" long and 2" wide.

Starting from one corner, start rolling it around something small and cylindrical and adding glue to make a thin, stem-like tube.

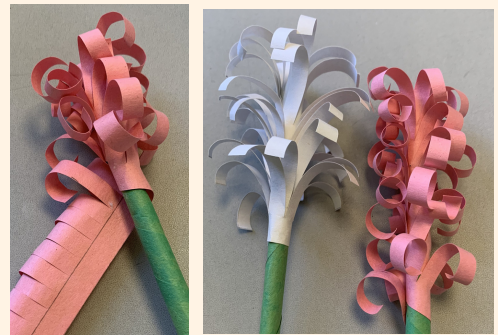
Cut another strip of your green paper 2"x3".

Fold accordion style along the short edge in ~1/4" sections.

While folded, cut out a leaf shape.



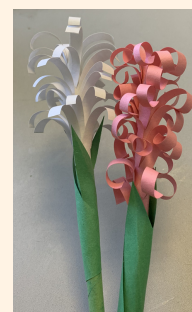
Add glue to the back of your rolled-up flower paper and wrap it around the stem so it overlaps itself as you go.



Unfold your leaf and add glue to the bottom.

Place one corner about 2" below your flower, at an angle, on the stem.

Wrap the leaf tightly around the stem and press down to keep it in place.



# MINDFUL MOMENT

## Lake Coloring



From Abby Sybert, Miner Wellness Staff


Lake: a coloring app with the largest collection of coloring books by indie illustrators. Unwind and relax by being creative while supporting artists directly. Coloring is a creative outlet and also a way to relax your brain and practice mindfulness. A process similar to meditation that helps you let go of any thoughts about upcoming or past events, being focused solely on the here and now, without judging your experience.


Lake is available on iPhone and iPad.





## GET IN TOUCH

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

 (573).341.4225

 [@sandtminerwellness](https://www.instagram.com/sandtminerwellness)

 [@sandtminerwellness](https://www.facebook.com/sandtminerwellness)

 [@sandtwellbeing](https://twitter.com/sandtwellbeing)

## THIS MONTH'S EVENTS

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

- March 11 - 14: Spring Recess
- March 15 - 19: Advising Week
- March 20 - 28: Spring Break

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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.