

WELLNESS CONNECTION

Your health, your well-being, our priority!



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LETTER FROM MAK

Dear Reader,

This semester is almost over! We hope you enjoyed the newsletters that we have written for you so far, and we would love for your feedback on how we're doing. Please take this quick survey (completely anonymous) so we can make our newsletters better in the fall.

Although the semester will be over, both Miner Wellness and Counseling Services will be open to help you in whatever way you need - both in-person and online. Visit wellbeing.mst.edu for more information.

Make sure to relax and recharge over the next few months. Getting your COVID-19 vaccination is important as well.

Have a great summer!

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

BOOST YOUR WELL-BEING



Take Care of Yourself During Finals Week

from *Crisis Text Line*

This semester, finals week is May 10th - 14th. Read through this section for some self-care tips as we head towards the end of the Spring 2021 semester.

Have a self-care plan in place

Leading up to finals, make a self-care plan. Small things like preparing snacks and having positive playlists to listen to can make a huge difference when you sit down to study. Decide what steps you will take when you start to feel overwhelmed.

Listen to your body

It's common during finals to develop tunnel vision. Life becomes studying, eating, and sleeping; that's it. As a result, we may neglect our other physical needs. Be mindful of your body as you go throughout the day. If something is starting to hurt, get up and take a walk. Not feeling ready to sleep even though it's late at night? Maybe don't drink that next coffee. Your body knows you and what you need to stay healthy.

Give yourself proper nutrition

When we're stressed, our nutrition tends to go out the window. We might think we're "too busy" for a meal and grab whatever can be eaten on the go. Plus, we might be chugging caffeinated drinks. In order to feel your best during finals season, try to keep your eating habits as normal as possible. Your schedule is never too busy for a real meal and plenty of water.

Protect your sleep

Sleep is critical during finals week. It may be tempting to pull an all-nighter for that exam you have in the morning, but it's not worth it. If anything, you should aim to get more sleep than usual the night before an exam so that you have enough time to get ready for it in the morning without being rushed.

Reward yourself for your achievements

You may think about finishing your exam and then immediately going to study for the next one out of fear of losing momentum. Give yourself the time to recharge. Watch an episode or two of your favorite show. Play a silly game on your phone. Make a playlist of your favorite songs. It's okay to spend a little bit of time not thinking about school! You'll feel more refreshed when it's time get working again.

Keep things in perspective

Be in the now. Your finals are important and you shouldn't give up on them, but tomorrow is another day. Try your best with everything this week and then allow yourself to relax. If you happen to do worse than expected, focus on the positives of this semester. No matter what happens, life goes on.

STUDENT SPOTLIGHT



Meditation for Event-Based Anxiety Relief

From Kara Brown

Start by simply taking notice of your breath quality and speed.

Take notice of what body parts are tense.

Slow your breathing a little bit, and visualize the event that you are anxious about.

Slowing breathing even more, take a deep breath in, imagining that you are breathing confidence directly into yourself, through your lungs and into the bottom of your stomach.

You can also imagine this as courage.

Hold this breath for two seconds.

While breathing out, imagine you are releasing any expectations or worries you may have about the event.

Repeat breathing in confidence and breathing out expectations until you are at ease.

Some affirmations that can be used with this meditation or on their own:

I am capable of ... (fill in according to your event).

I am courageous and show up even when I am nervous.

Outcomes are not usually as bad as I think they will be.

No matter the outcome, I will have improved.

This worry is projection, not reality.

There is no use in worrying when it has not happened.

I am confident in myself; I release expectations.

I can pivot when need be.

FEATURED RESOURCES (CONTINUED)

MOBIUS



Volunteering

Volunteering allows you to give something back to your community, make a difference to the people around you, develop new skills, or build on existing experience and knowledge.

On campus, Student Involvement has a list of Rolla locations that are looking for volunteers. You can see it [here](#).

They also host large days of service, like Gonzo Gives Back, and sponsor the Miner Challenge, a large-scale volunteer effort taking place over spring break.

Because of COVID-19, all group volunteer efforts have been cancelled until further notice, but that doesn't mean you can't volunteer in a way that you're comfortable with!

If you'll be away from Rolla for the summer, [VolunteerMatch](#) can connect you with places in your area that are looking for volunteers! You can also filter based on the type of volunteer work you're interested in.

Click [here](#) to view volunteer opportunities in Missouri!

MOBIUS transports books and other resources between libraries in Missouri, Texas, Oklahoma, New Mexico, Arkansas, Colorado and Iowa.

Searching for a book through their website shows you where it's located at from libraries in their network. If the book is local to you, you can head straight there and pick it up. If it's not, you can request for it to be sent to the library of your choice.

For example, if you're on campus and need a book currently in a St. Louis library, requesting it through MOBIUS is a breeze. After finding the book, click "Request it", choose 'Missouri University of Science and Technology', input your name and student ID, and then wait to be notified that the book has been delivered to the library!

The requested item should arrive to your library within 3-5 business days (items are no longer being quarantined).

Once your item(s) have arrived, you will receive an email telling you when you need to pick them up by. After you've picked it up, it will be treated like a regular library check out and you will be expected to return it by the noted date!

This is a great service to utilize if you're wanting to get in some summer reading!

MOBIUS
LINKING LIBRARIES

MINDFUL MOMENT

Ingredients

Enough fresh, raw veggies to fill 2
quart-sized mason jars

(about 5-6 cups)

1 tbsp coriander seeds

2 tbsps fennel seeds

1 tsp mustard seeds

6-10 cloves garlic, sliced thick

1/2 onion, sliced (optional)

A few sprigs fresh dill (optional)

Any other fresh herbs you enjoy



Quick Pickled Vegetables

From [*feastingathome*](#)

Pickling Liquid:

2 cups vinegar

2 cups water

2 tbsps kosher salt

4-6 tbsps sugar

Instructions

Prep your veggies by washing them well and slicing, quartering, or cutting them into spears.

Bring the pickling liquid to a boil in a small pot.

In 2 quart-sized mason jars, divide the garlic and spices.

Layer the ingredients in the jars to your liking.

Using a funnel, pour the pickling liquid into the jars, making sure to submerge all of the veggies completely, leaving at least half an inch of room between the liquid and lid.

Cover and let sit on the counter to cool, then place in the fridge for at least 6-8 hours.

Notes

You can pickle any veggies with this recipe!

If you're planning to store these long term, check out the recipe's link for more information.

Farmer's Market

This summer, check out your local farmer's market! They are a great place to get delicious, fresh produce and support smaller businesses.

If you're new to visiting farmer's markets, make sure you don't overbuy and only get what you can feasibly eat before spoiling occurs.

Get less of "eat-immediately" produce (like sprouts, lettuce, berries) and more of hardy, long-term produce (like potatoes, apples, cabbage).

Buy potted herbs and plants if you have the space. Potted herbs are easy to take care and require minimal space. If you have a yard or are able to care for larger plants, potted plants will give you new produce right at home!

Preserve, don't toss! You can save most produce by pickling or freezing for later use.

MINDFUL MOMENT

Summer Hobbies



From Miner Wellness Staff

Summer is just around the corner! If you're looking for something new to try out over break, consider some of these:

Nature Journaling

Doodle and write about everything you see outside

Grilling and Barbecuing

Try out some new foods in these outdoor cooking styles

Yoga

Learn some new poses and relax

Garden

Start a small produce garden or grow some herbs indoors

Letter Writing

Find a penpal and discover something new

Language Learning

There's no better time than the present to invest in a new language

GET IN TOUCH



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THIS MONTH'S EVENTS

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

May 7th: Last day of classes

May 10th - 14th: Finals week

June 8th- July 27th: [Emotional Resilience Class](#)- offered by The Church of Jesus Christ of Latter-Day Saints, this Christian-based group teaches spiritual and practical skills to better care for your mind, body, emotions, and relationships. Student life, especially in today's world, can be stressful. This class teaches coping skills you can use now and throughout your life. Sign up and learn more [here](#).