

WELLNESS CONNECTION

Your health, your well-being, our priority!



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LETTER FROM MAK

Dear Reader,

It has been awesome to see you all back on campus for the start of another semester. Temperatures may be low, but our excitement and enthusiasm has never been higher, and we are so proud to see you tackling your challenges and making a difference both on campus and in the community.

With all the upcoming exams and assignments, we have provided some reminders about helpful campus resources that can help you stay focused and on-track with your classes and personal life. To celebrate the arrival of Black History Month, we've added some interesting information about the history of the month, resources you should know about, as well as personal recommendations for television series, music, and movies by Black creators to help you unwind after long days at the library. Complete with an easy recipe and activity ideas for Valentine's Day, we hope this letter helps to inform and excite you for February.

Stay cozy out there! Remember to take some time for self-care and prioritize your mental well-being above all else. We're always here to help if you need it.

With warm regards,
Mak the Mole (and *The Student Well-Being Office*)

DATA BRIEF

Unhealthy (and Healthy) Relationships

From [Stanford](#), [One Love](#) & Student Well-Being Staff

What are unhealthy relationships?

Unhealthy relationships aren't always abusive like the data shows to the right. According to [Stanford](#), unhealthy relationships are where one or more of the people involved exhibits behaviors that are not healthy or safe and are not founded in mutual respect for the other person. Unhealthy relationships aren't limited to romantic relationships- they can be friendships and relationships with family members.

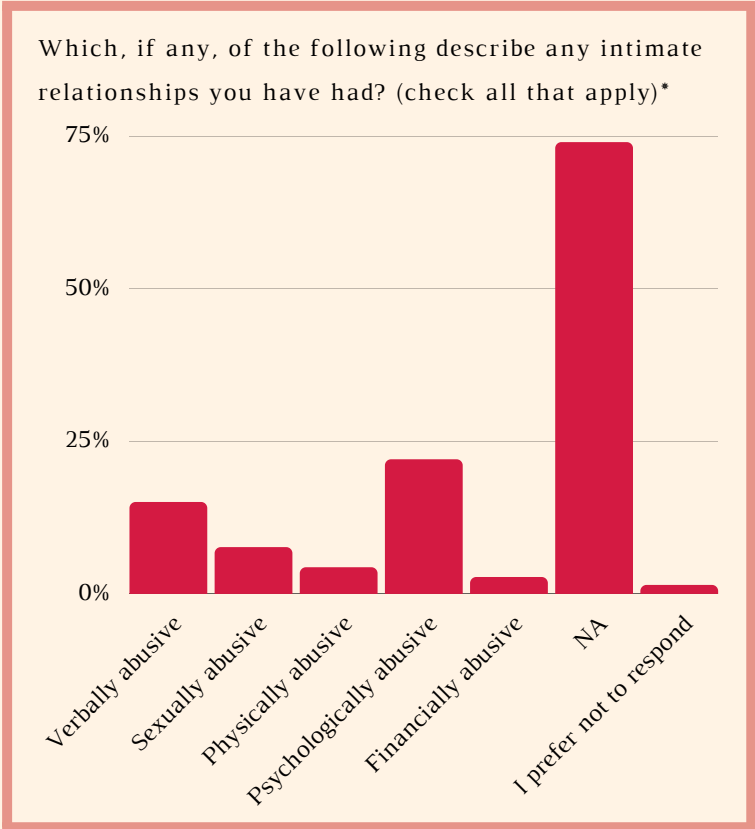
What are some signs of unhealthy relationships?

While everyone does unhealthy things sometimes, it's important to recognize unhealthy patterns in your relationships, and to not ignore the signs and understand that they can sometimes escalate to a worse situation, such as physical, emotional, verbal, or sexual abuse.

When in doubt, if you are uncomfortable with how someone treats you, trust your gut and get help.

Some signs of an unhealthy relationship are:

- **Possessiveness:** jealous and controls who you spend time with and what you do
- **Manipulation:** controls your decisions, actions, or emotions
- **Isolation:** keeps you away from friends and family
- **Intensity:** expresses extreme feelings or over the top actions that feel overwhelming
- **Sabotage:** purposefully ruins your reputation, achievements, or success
- **Belittling:** does and says things to make you feel bad about yourself
- **Guilt:** makes you feel responsible for their actions or for things that go wrong
- **Deflecting Responsibility:** repeatedly makes excuses for their unhealthy behavior
- **Betrayal:** disloyalty or acts in an intentionally dishonest way
- **Gaslighting:** misleads you, creates a false narrative and makes you question your judgments, emotions, and reality
- **Volatility:** has really strong, unpredictable reactions that make you feel scared, confused, nervous, or intimidated
- **Poor Communication:** unable to express how they are feeling without keeping emotions controlled; unable to argue or disagree in a productive way

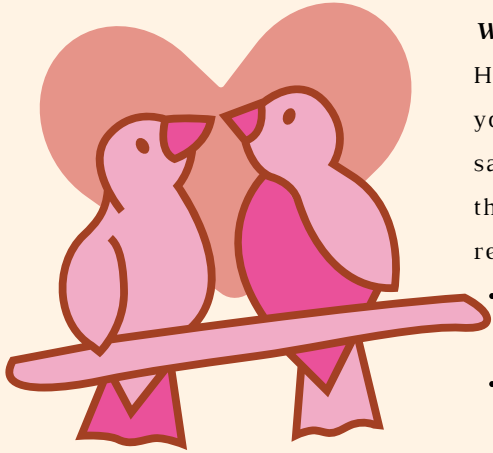


*From 2021 Missouri Assessment of College Health Behaviors; n=415

DATA BRIEF (CONTINUED)

Healthy (and Unhealthy) Relationships

From [Stanford, One Love](#) & Student Well-Being Staff



What are some signs of a healthy relationship?

Healthy relationships bring out the best in you and make you feel good about yourself. Being around that person makes you feel energized, confident, happy, and safe. A healthy relationship does not mean it's perfect and happy all the time, but the signs listed below are common and predictable characteristics of the relationship.

- **Comfortable Pace:** relationship moves at a speed that feels enjoyable; not pressured in a way that feels overwhelming
- **Trust:** confident that they won't do anything to hurt you or the relationship; don't have to question the other person's intentions; respects your privacy
- **Honesty:** is truthful and candid without fearing their response; can share your feelings and don't have to hide things
- **Independence:** gives space to be yourself outside of the relationship; support your hobbies and your relationships with other friends, family and coworkers
- **Respect:** values your opinions; feels comfortable setting boundaries and confident that they will respect those boundaries; cheers for you when you achieve something, supports your hard work and dreams, and appreciates you
- **Equality:** relationship feels balanced and they put the same effort into the success of the relationship; your needs, wishes and interests are just as important as theirs
- **Kindness:** caring and empathetic, provides comfort and support; they do things that they know will make you happy
- **Taking Responsibility:** owns their actions and words; apologizes and admits when they make a mistake
- **Healthy Conflict:** openly and respectfully discusses issues and confronts disagreements non-judgmentally
- **Fun:** enjoy spending time together and you bring out the best in each other

Why are healthy relationships important?

Positive human connection plays an important role in maintaining our emotional-physical health, wellbeing, and growth. In fact, [research](#) has shown that positive relationships encourage us to embrace and pursue opportunities that foster a sense of purpose and meaning in life. This is primarily because of the support that comes from a healthy relationship.

What are some resources to get help if you or a friend are in an unhealthy and/or abusive relationship?

[Equity and Title IX:](#) prohibits discrimination on the basis of sex (gender), including sexual harassment, sexual misconduct, sexual assault, relationship (domestic and dating) violence, and stalking

[Student Well-Being:](#) provides counseling services, group counseling, crisis counseling, trainings, and resources related to healthy relationships, unhealthy relationships, and how to get help

[National Domestic Violence Hotline:](#) The hotline is free, confidential, and available 24/7. Call to get help, resources, and more. Chat [online](#), call [800-799-SAFE](#), or text "START" to 88788

BOOST YOUR WELL-BEING

Black History Month

From [History](#), [NPR](#), & *Student Well-Being*



The foundations of Black History Month begin in 1915, 50 years following the abolishment of slavery in the United States. Harvard historian Carter G. Woodson and minister Jesse E. Mooreland founded an organization known as the ASNLH, which worked to promote achievements by black Americans and people of African descent.

Known today as the Association for the Study of African-American Life and History, the group sponsored a national Negro History week in February of 1926, aligning the week with the birthdates of Frederick Douglass and Abraham Lincoln. The week was centered around local celebrations, performances, and historical lectures.

This tradition continued on into the 1960s, coinciding with the beginning of the civil rights movement, and appearing on college campuses as Black History Month. In 1976, President Gerald Ford officially recognized the holiday, and today Black History Month is spent honoring the contributions and achievements of black Americans to history, science, art, and society as a whole.

Below are just a few resources where you can read about the history of the month, explore the contributions of Black Americans, and find valuable information to keep learning more.

[Library of Congress](#)- The library of congress has several pages dedicated to the achievements and influence of Black Americans on our country's history.

[Books on Black Health & Wellness](#)- This years theme for Black History Month focuses on the importance of Black health and wellness, and you can explore this website to find books that cover historical and modern-day issues facing the black community.

[Black History and Culture](#)- This website focuses on famous Black Americans, such as the first Black college graduates, the first Black dentist, and others who helped to break the grasp of segregation.

[When They See Us](#)- This Netflix documentary created by Ava Duvernay focuses on the wrongful discrimination and convictions against the Central Park Five, in which innocent Black teenagers served jail time for a crime they did not commit. You can stream [When They See Us](#) on Netflix.

On Campus Resources:

[Equity and Title IX](#)

[Student Diversity Initiatives](#)

BOOST YOUR WELL-BEING

Proper Time Management

From *Purdue & Student Well-Being Staff*

Most people are not naturally good at managing time; it is a skill that takes practice, open-mindedness, and a helpful support network to refine. Here are some tips for improving your time management (and easing stress in the process!)

Identify Time Wasters

It is all too easy to get lost in a TikTok feed and throw away an hour of your day.

Put your cell phone on silent, or even place it in another room while you are doing work.

Create a To-Do List

As cliché as it may sound, an organized list of assignments helps to visualize the amount of work you have to do and can make tasks seem far less stressful.

Tackle Small Tasks First

By accomplishing something even as simple as a brief Canvas quiz, your brain and body will feel more positive about the assignments and it can be easier to get on a roll!

Take Time Off

Long study sessions or time spent working on assignments should be balanced with time spent away from screens, focusing on yourself. Giving your mind a rest can help reinvigorate you and will allow you to learn the information more effectively later on.

Use Breaks Wisely

While it is important to take breaks, you must also be careful to avoid distracting activities. Keep track of how long your break is, and don't spend it staring at a screen. Instead, consider meditation or stepping outside briefly.



Valentine's Day Ideas

From *Student Well-Being Staff*

Valentine's Day is fun for couples, friends, and single people alike but can come with pressures like spending money or doing something extravagant. If it feels difficult to hit these marks, fret not! Check out our inexpensive and memorable ideas for this Valentine's Day.

Prepare a Nice Meal

A nice meal doesn't have to mean expensive. Start with an inexpensive base, such as ramen noodles or mac n cheese, and add tasty ingredients for a fun twist, like veggies, grilled chicken, or your favorite sauce.

Enjoy a Relaxing Night In

Sometimes what we need most is a relaxing night in. Light your favorite candles or turn on an essential oil diffuser, put on comfortable clothes, and set a relaxing mood with low lights and calm music. Watch a movie, play board games, or have a spa night.

Have a Cookie Decorating Contest

No baking required! Go to the grocery store and buy plain sugar cookies along with colored icing, sprinkles, and whatever else you can find. Decorate and judge the best ones. Best part? You get to eat them all after.

Get Crafty

Buy desired supplies or use what you already have and start crafting. Maybe paint a canvas or decorate vases for decor or craft small jewelry or gift items. The possibilities are endless.

FEATURED RESOURCES

Student Diversity Initiatives

Student Diversity Initiatives (SDI) has a mission to foster diversity and inclusion in our community by supporting underrepresented groups, such as LGBTQIA individuals and allies, first generation college attendees, and low income students from all walks of life. SDI works with students to improve retention rates and provide essential goods and services to help them stay focused on their coursework and general well-being.

Through an online form, students can access a list of groceries to choose from and are free to explore and take clothing items from the wardrobe, free of charge. Visitors to SDI can access a computer lab, various study spaces and meeting rooms, a kitchen, and a central lounge in a safe, inclusive environment. Mentors are also available to help struggling or first-time students navigate campus and academic life. To learn more about Student Diversity Initiatives, receive assistance with essential items, or sign up for mentoring, use the contact information below.

sdi.mst.edu [573.341.4286](tel:573.341.4286)
sdi@mst.edu 605 W 11th Street



Student Success Center

It's no secret that classes here at Missouri S&T can be very difficult and often overwhelming. Located in 198 Toomey Hall, the Student Success Center (SSC) provides tutoring services to students in 62 different courses across several majors and disciplines.

All courses are available via Zoom, with many in-person sessions available as well. If you work better in a more private setting, individualized tutoring is offered at the request of the student. Student Success Coaches are available to meet and provide tips and strategies for note-taking, studying, motivation, as well as what learning style(s) fit you best. SSC makes it easy to get to know your professors better, with events such as a faculty game night.

SSC will also give presentations on topics such as time management and goal-setting to student groups or organizations, at your request. Whether you are thriving or struggling in your classes- we understand- the Student Success Center has resources to improve your studying and alleviate the stress of another hectic semester.

studentsuccess.mst.edu success@mst.edu
[573.341.7590](tel:573.341.7590) 198 Toomey Hall

FEATURED RESOURCES



Sanvello App

Sanvello is a premium, top-rated app that helps users deal with depression, anxiety, and stress. Using clinically proven methods, Sanvello works on the concepts of self-care, peer support, coaching, and therapy.

While not a substitute for counseling, Sanvello offers helpful tips and strategies for managing symptoms of depression and anxiety, with guided exercises centered around meditation. The app is customizable and works to help you understand what you are struggling with by catering resources specifically to your needs.

Missouri S&T purchased a premium subscription that is accessible to all students, faculty, and staff who sign up using their @UMSystem email.

[Sanvello](#) for iOS

[Sanvello](#) for Android

Managing Test Anxiety

Everyone knows the feeling: a big test is hours away, and no matter how much you have (or haven't) studied, it's easy to feel massively unprepared. This anxiety can make it difficult to continue studying, and adds unnecessary stress. This feeling of test anxiety is far more common than you would think- you are not alone.

Student Well-Being offers a number of support groups focused on alleviating stress and anxiety, such as Thriving, Not Just Surviving and Anxiety and Stress. Our website also features online resources such as deep breathing exercises, muscle relaxation, and other tips for calming the body and mind. You can visit our [website](#) to learn more.

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204 Norwood Hall



FEATURED RESOURCES

Mental Well-Being Awareness Week

Did you know that 65% of S&T students have experienced at least one mental health concern in the past year?* If you are struggling, you are not alone.

Mental Well-Being Awareness Week, hosted by Student Well-Being and Joe's PEERS, is a series of activities, trainings, and events from collaborators all across campus to support your mental well-being. Some collaborators include College of Arts, Sciences, and Business (CASB), University Police Department, Delta Sigma Phi, Phi Beta Sigma, the St.Pat's Board, Einstein's, Price Chopper, Colton's, and more.

All events for the week are listed to the left. At each event you participate in, you will get a card. At the end of the week, you can win prizes based on the number of cards you have! There will also be many giveaways, snacks, resources, and more given out throughout the week.

For any questions or concerns regarding Mental Well-Being Awareness Week, reach out to Student Well-Being using the contact information on the last page of this newsletter. We are looking forward to seeing you there!



21st Monday	<i>Hydration Station</i>	<i>Pop the Stigma</i>	
22nd Tuesday	<i>Yoga & Yogurt</i>	<i>Screening Day</i>	
23rd Wednesday	<i>Snacks & Self Care</i>	<i>Resource Table</i>	<i>Game Night</i>
24th Thursday	<i>Craft Station</i>	<i>Mental Well-Being Ambassador Training</i>	
25th Friday	<i>Prize Table</i>	<i>Dog Days with Delta.Sig</i>	<i>Family Night</i>

*From 2021 Missouri Assessment of College Health Behaviors; n=415

MINDFUL MOMENT

Movies, TV shows, and Music from Black creators

From [Sugar Spun Run](#) and Student Well-Being Staff

Atlanta - TV- Created and produced by Donald Glover

Atlanta stars Donald Glover as a music manager navigating the Atlanta rap scene. The show also stars Brian Tyree Henry, Lakeith Stanfield, and Zazie Beetz. Both seasons of *Atlanta* (with 2 more seasons on the way) can be streamed on Hulu.

Lovecraft County -TV- Created by Misha Green

Set in Jim Crow America, this show stars Jonathan Majors and Jurnee Smollet as characters Tic and Leti, who must navigate a dark world filled with racism and supernatural beings. *Lovecraft County's* first season can be streamed on HBO.

Room 25 -Music-Written and performed by Noname

Artist Noname (Fatimah Warner) grew up on the south side of Chicago, where she practiced her lyrics and rhyme schemes in spoken word poetry contests. On *Room 25*, Noname commentates on art, love, music, and the black struggle over jazzy instrumentals. You can stream *Room 25* wherever you get your music.

Let The Sun Talk -Music-Written and performed by Mavi

Omavi Minder (Mavi) is a psychology student at HBCU Howard University, which becomes clear in his philosophical thoughts on *Let The Sun Talk*. With a variety of speeds, samples, and moods, Mavi sings and raps about the battles between self love and self harm, and his emotional and physical scars from his battles. You can stream *Let The Sun Talk* wherever you get your music.

Judas and the Black Messiah-Movie-Directed by Shaka King

Judas and the Black Messiah stars Daniel Kaluuya in a biographical drama based on the betrayal of Fred Hampton, chairman of the Illinois chapter of the Black Panther Party in the 1960s. You can stream *Judas and the Black Messiah* on HBO or Hulu.

Summer of Love -Movie-Directed by Questlove

Summer of Love is a documentary that covers one of the most underreported events of the 1960s: the 1969 Harlem Cultural Festival. Throughout that summer, a series of free Sunday concerts were hosted in Harlem, New York, with attendance similar to the famous Woodstock concerts. Artists that performed included B.B. King, Stevie Wonder, Chuck Jackson, and Gladys Knight, as well as community events centered around black pride. *Summer of Love* works to uncover the lack of publicity and attention the festival received, as well as providing insight into the performances and sense of community that was established. You can stream *Summer of Love* on Hulu.

MINDFUL MOMENT

Valentine's Day Chex Mix

From *Butter with a Side of Bread*

Ingredients

- 4-6 cups rice chex cereal
- 1 bag of strawberry candy melts (8 oz) OR 1 bag of white chocolate chips (12 oz)
- Valentine's M&M's and/or sprinkles
- 1 tsp butter or shortening (optional)



Directions

1. Measure out the Chex cereal into a large bowl. Note: if using candy melts, use 4 cups of cereal. For chocolate chips, use 6 cups of cereal.
2. Pour the chocolate/melts into a small glass dish. Add in butter, if desired, to help the chocolate coat the cereal more easily.
3. Pour the chocolate mixture over the Chex cereal and then stir gently to coat.
4. Transfer the cereal mixture to a large piece of wax paper. Sprinkle with M&M's and Valentine's colored sprinkles.
5. Let cool to set. Break into pieces and enjoy! Store in an airtight container to save.

GET IN TOUCH



wellbeing@mst.edu



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UPCOMING EVENTS

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

February 9th: [ProjectConnect](#) Info Table, 12-2pm, Havener

February 10th: [STEP UP! for Safer Drinking presentation](#)

February 15th: [S&T Career Fair](#)

February 17th: [STEP UP! for Safer Drinking presentation](#)

February 18th: Spring-O-Rama (rescheduled from Feb 4th)

February 21st - 25th: Mental Well-Being Awareness Week

February 24th: [STEP UP! for Safer Drinking presentation](#)

Want to be featured in the newsletter? Submit original content, such as a personal piece, poem, short story, photographs, recipe, or other form of content to wellbeing@mst.edu. 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 Student Well-Being. Content can be published credited to you or anonymously, whichever you prefer.