

# WELLNESS CONNECTION

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



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## LETTER FROM MAK

Dear Reader,

We are so excited to see you back on campus again (although very bundled up)! We hope your semester is off to a great start and you're all settled in and prepared for an awesome spring semester.

With classes kicking back into high gear, and temperatures (& sunlight!) remaining low, this issue focuses on ways to stay active, healthy, productive, and organized, all while dealing with a hectic schedule. We've included some campus resources that can assist you with healthy eating, student organizations you can get involved in, and even some simple apps that can make outdoor time more enjoyable & daily tasks less overwhelming. Complete with our usual reminders for campus events and activities, we aim for this newsletter to help ease the anxiety that can come with a new semester.

We wish you the best of luck with the first few weeks of the semester. We know you'll do great things and continue to improve the campus and community, while practicing self-love, growth, and resilience.

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

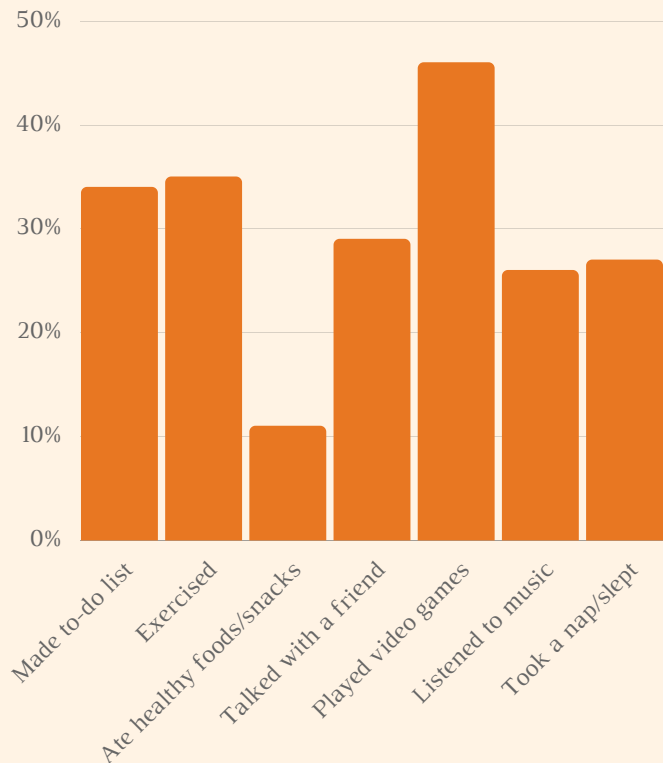
# DATA BRIEF

## How S&T Students Relieve Stress

Which of the following have you done in the past two weeks to relieve stress?\*



In this edition, we have included resources that can help you relieve stress and get organized for the beginning of the semester- based on the ways your peers are already relieving stress.



- **Made a list of what I needed to do:**

- Want a digital calendar to help you stay organized? We have created a google sheet calendar that you can use to track assignments and due dates, manage your busy schedule, and more. Check it out on page 8!
- Making a to-do list for the entire semester or year? Check out page 3 for tips on setting realistic resolutions and goals.
- Have a hard time staying motivated for daily tasks? Page 6 features an app, DONE, to give you motivational messages and customizable reminders.

- **Exercised, ate healthy foods:**

- On page 4, you can learn more about nutrition consultations offered by Student Well-Being. These consultations can cover a variety of topics, all with a trained staff member.
- Want an easy recipe to make in this cold weather? Go to page 7 for a yummy potato soup recipe.

- **Played video games:** While letting video games get in the way of studying or classes can be harmful, it's definitely good to have a way to destress after long days. On page 6, learn about a fun and relaxing game, Pikmin Bloom, to play on your phone.

- **Talked with a friend:** If you are looking for an organization to help you feel motivated and to make a difference on campus, check out page 4 to learn about Joe's PEERS, a student organization that promotes health and well-being on campus through outreach and events, and page 5 to learn about two peer-led connection and support groups, Miner Support Network and ProjectConnect.

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

# BOOST YOUR WELL-BEING

## Goal Setting for the New Year and New Semester

From *Indeed*, *Adult Learning*, & Student Well-Being



With the arrival of the new year, many students find themselves wanting to set attainable goals for their academics, their lifestyle, or even just in their personal life. With that in mind, it's important to make sure the goals you set are achievable, and that you're not setting yourself up for failure. Here are a few ways to plan and achieve your goals.

### ***Believe in yourself and your process***

The first step to accomplish anything is to believe that it is possible. You are capable of improving whatever you want to improve. Stand by your plan and don't waste time doubting yourself or your worth.

### ***Write it down and set reminders***

With a busy schedule, it can be so easy to forget some of the things you want to improve. Whether you use a physical planner, an app, or even just reminders on your cell phone, repetition will help to keep you on the right path and will help you feel more in-control of your goals.

### ***Don't be afraid to ask for help***

It is important to remember that nobody does it alone. It is totally natural to struggle with a task and even to feel like giving up on your goal. You can get advice and reassurance from a number of people, including friends, family, mentors, counselors, or any of us here at Student Well-Being.

### ***Don't rush your plan***

It is important to remember that you can't achieve a big goal or challenge overnight. Whatever your resolution or goal is, it is going to take some time and repetition for it to become comfortable. Try not to get dissuaded when things don't improve immediately; anything worth doing takes time.

### ***Be Flexible***

Our lives are constantly changing and evolving, and our goals should too. Sometimes a goal can become outdated, irrelevant, or less important to you; don't feel trapped into following through! If there is a new, more important thing that you want to work on, it is totally fine to change your game plan. Just make sure it is for the right reasons.

### ***Be kind to yourself***

If your resolution doesn't work as planned, keep in mind that 80% of New Year's resolutions fail. Don't use that as an excuse to give up, but don't beat yourself up for falling short. The awesome thing about goal-setting is that you can always try again.

## FEATURED RESOURCES

### Joe's PEERS

Joe's PEERS is a student-led organization that tackles a variety of difficult topics that affect the general public - but especially college students. These topics include Alcohol and Drugs Harm Reduction, Mental Well-Being, the Miner Support Network, Public Health, Nutrition and Fitness, Sexual Health, Sexualized Violence Prevention & Healthy Relationships, and also the school's STEP UP! for Bystander Intervention program.

Our PEERS provide campus with encouragement, education, and resources for those who are struggling or those that wish to inform themselves on these topics. Participating students gain experience in public speaking, teamwork, and communication, as well as serving as a resource for all students. As role models for the student body, PEERS set an example and avoid high-risk behaviors related to their topics and spread their campus knowledge to students, new and old. There is a time commitment of about 3 to 4 hours per week, as well as an annual retreat. To learn more about Joe's PEERS, [visit our website](#).



### Nutrition Consultations

Everyone knows it can be difficult (and sometimes expensive) to maintain a proper nutritious diet while in college. With small budgets, limited fast healthy options, and the stress from school, it becomes all too easy to slip into poor dieting, which can impact your overall wellbeing.

If you are looking to improve your diet, gain or lose weight, or eat healthier on a budget, campus offers Nutrition Consultations through Student Well-Being. Consultations can cover a variety of topics and are customizable based on what you want addressed.

Your first consultation will last up to an hour, with the option of follow-ups and further communication. These one-on-one meetings help students better understand their eating habits and help to improve their relationship with food, all while receiving helpful and supportive tips.

All consultations are completely free of charge to Missouri S&T students. To set up an appointment, simply email [wellbeing@mst.edu](mailto:wellbeing@mst.edu).

(Please be aware that staff are not licensed Nutritionists or Dietitians, so there are certain limitations to services.)

## FEATURED RESOURCES



### 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
- have a place to be yourself

...all in a supportive environment.

These groups are led by trained S&T students and offer a confidential and safe space to allow for open conversations with no specific goal in mind.

Specific dates and times are currently being decided for the spring semester.

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

### ProjectConnect

Want to get to know students outside of your social group and help build a community on campus?

ProjectConnect is a fun, 6-session, peer-led program now being offered on campus! ProjectConnect helps with building positive peer connection and community, acting as a buffer against stress, anxiety, and depression.

Students meet in groups of 4-6 over the course of six 1-hour sessions, and engage in a series of thought-provoking questions and fun activities, ending with a group event.

Sign up for the spring semester [here](#) by February 18th!



## FEATURED RESOURCES



### Pikmin Bloom

With early sunsets and cold mornings, it can be difficult during the early spring semester to spend adequate time outdoors. Following the success of Pokemon Go, Niantic has released *Pikmin Bloom*.

It’s simple: wander around and spend time outdoors, and your character can be rewarded with fruits, costumes for the character, and a ton of cool objectives to help you stay active. With no time commitment and a fun color scheme, *Pikmin Bloom* can help relieve some of the stress that comes from assignments and long lectures.

The game is completely free to play and can help to ensure you’re staying active during these chilly months. You can download *Pikmin Bloom* through these links:

[iOS App Store](#)

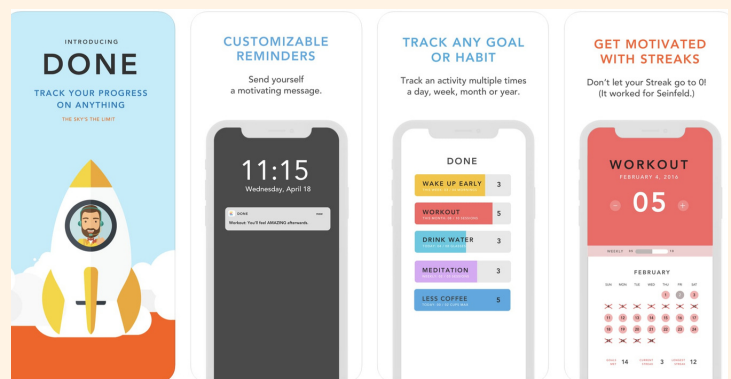
[Google Play Store](#)

### DONE: A Simple Habit Tracker

We all know how challenging it can be to stay on top of homework, organizational obligations, and personal tasks. If you find a traditional planner doesn’t work for you, the *DONE* Habit Tracker app helps to organize and motivate yourself to complete daily tasks.

Users can set up customizable reminders, motivational messages, and take advantage of a ton of features and a simple user interface. The journaling feature allows you to comment on the progress of your goals and tasks, and “Streaks” help you to stay motivated in your work!

With customizable colors and a sleek appearance, the app makes it rewarding and fun to track your progress and can prevent you from getting overwhelmed or stressed out. The app is free to download and use, but users can opt to pay for the premium version, which allows you to upload more than three goals. You can download *DONE* on your iOS device through the [App Store](#).



# MINDFUL MOMENT

## The Ultimate Potato Soup Recipe (Adaptable for Vegetarian/Vegan Diets)

From *Sugar Spun Run* and Student Well-Being Staff

### Ingredients:

- 3 tablespoons butter (sub vegan butter or olive oil for vegan option)
- 1 medium yellow onion
- 3 garlic cloves, or to taste
- 1/3 cup all-purpose flour
- 2.5 pounds gold or russet potatoes
- 4 cups vegetable broth
- 2 cups milk (sub non-dairy milk for vegan option)
- 2/3 cup heavy cream (sub full-fat coconut milk for vegan option)
- 1 1/2 teaspoon salt (or to taste)
- 1 teaspoon ground pepper (or to taste)
- 1/4 teaspoon chili powder or to taste
- Optional toppings: sour cream, shredded cheddar cheese, green onions, bacon bits



### Equipment:

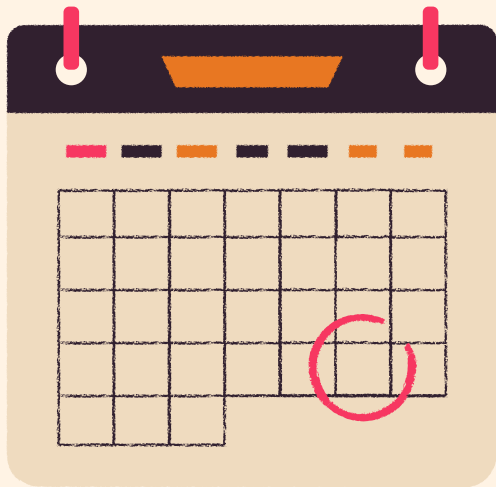
- Large pot
- Knife and Cutting Board
- Potato smasher, immersion blender, or standing blender
- Large spoon
- Whisk

### Directions:

1. Dice onions and mince garlic. Peel potatoes (optional) and dice into small cubes
2. Heat butter in pot over medium heat. Add onions and cook for 3-5 minutes, until tender
3. Add in garlic and cook until fragrant (about 30 seconds)
4. Sprinkle in the flour over the ingredients in the pot and stir until smooth (use whisk if needed)
5. Add diced potatoes to the pot along with chicken broth, milk, heavy cream, and spices. Stir well.
6. Bring to a boil and cook until potatoes are tender when pierced with a fork (about 10 minutes).
7. Reduce heat to simmer.
  - If using potato smasher: smash ingredients in pot until desired creaminess
  - If using immersion blender: blend soup in pot until desired creaminess
  - If using standing blender: remove approximately half of the soup to a blender (be careful, it will be hot) and puree until smooth. You can alternately puree all of the soup based on desired creaminess. Return pureed soup to pot.
8. Allow soup to simmer for 15 minutes before serving.
9. Add on desired toppings. Serve on it's own or with bread or crackers. Enjoy!

# MINDFUL MOMENT

## Google Sheet Calendar Template



From Abby Sybert & Student Well-Being

If you're looking for a way to track your day-to-day life, try out this calendar template made by an S&T student. It features yearly, monthly, and daily overviews, as well as a handy assignment tracker that is color-coded based on due date.

Anybody can use this calendar and tailor it to their preferences. Just go to 'File' > 'Make a copy' > rename it, then send it to your preferred folder.

The calendar has instructions on multiple tabs, but if you need any specialized assistance, don't hesitate to reach out to me (Abby Sybert) and ask. I'm more than willing to help however I can.

Click [here](#) to view the template!

## GET IN TOUCH



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## UPCOMING EVENTS

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

**January 26th:** [Central Missouri Stop Human Trafficking Coalition with S&T Dinner and Documentary Showing](#)

**January 29th:** [SUB Presents "Labyrinth" Film Screening, 7pm, St.Pat's Ballroom](#)

**February 4th:** Spring-O-Rama

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](mailto: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.