

# WELLNESS CONNECTION

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



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## LETTER FROM MAK

Dear Reader,

For the month of November we are focusing on dealing with and healing from trauma. Trauma can look different for each person and come from a variety of experiences. Knowing this, it can be difficult to know how to help someone you love and care for when they have gone through a distressing or traumatic event.

25% of S&T students have experienced abuse in an intimate relationship in their life, with 10% of students experiencing abuse in an intimate relationship in the past year\*. Experiences like these could absolutely cause trauma and interfere with our ability to exist and function in our daily environments.

In this article, we offer resources on how to support those who have experienced traumatic events and how to get support and help for yourself or others. We've also included student data showing our willingness to step up when witnessing interpersonal violence or the threat thereof. In an attempt to alleviate some of the heaviness this type of content can bring, we've included a fun and indulgent recipe to try out as it gets colder.

*Content Warning: traumatic experiences, rape/sexual assault*

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

\*2021 Missouri Assessment of College Health Behaviors

## BOOST YOUR WELL-BEING



### Supporting Those That Have Experienced Trauma

From *Phoenix Australia* & Student Well-Being

The support of family and friends is critical when someone is coming to terms with a traumatic event, and there's a lot you can do to help the person affected. It can be difficult to see someone you care about struggle with the distress caused by a traumatic event. You may find yourself worrying about their well-being and you may feel helpless when confronted by their emotional reactions to the event.

People who experience difficulties following a traumatic experience may seem 'shut down' or distant, and you may feel 'shut out'. For some people, this happens because they are trying not to think about the trauma, or trying to block out painful memories. Others may feel sad or numbed, or lack the energy to do things. They may stop participating in family life, ignore your offers of help, or become irritable.

It is important to remember that these reactions are signs that your loved one may not be coping well. These reactions are not necessarily about you - they may need your ongoing support but are struggling to see a way out of their distress or are struggling to ask for help.

#### *Provide practical support*

After going through a traumatic experience, it's important to re-establish a normal routine, as this helps restore a sense of predictability and control. Here are some ideas for how you can help a person return to their normal routine:

- Recognize that they have been through an extremely stressful event and may need time and space to deal with it. You can help them find that time and space by providing practical support, such as offering to run errands or cook meals.
- If applicable, encourage them to limit their exposure to media coverage of the event. You might offer to keep track of the news and inform them of new or important information so that they don't feel the need to monitor it constantly.
- Encourage them to look after themselves by getting plenty of rest, eating well, exercising regularly, and making time for relaxation, as well as cutting back on coffee, nicotine, drugs, and alcohol.
- Do enjoyable things with them and encourage them to plan to do at least one enjoyable thing each day.
- Acknowledge their achievements, as sometimes it's hard to see that things are improving. The person may need you to point out when they have achieved a goal, no matter how small.
- Encourage them to seek professional help if they are still finding it hard to cope two weeks or more after the traumatic event.

## BOOST YOUR WELL-BEING (CONTINUED)

### *Provide emotional support*

Your friend or family member may or may not want to talk about their experience or feelings. This is okay - it's important not to force people to confront the event or their reactions before they are ready. If they do want to talk, the following tips may be helpful:

- Choose a time to talk when you won't be interrupted, feel rushed, or tired.
- Reassure them that distress is to be expected after what they have experienced.
- Make another time to talk if it seems like the person is too distressed to continue.
- Don't tell them how to feel or act to help cope with their trauma, and don't try to make decisions for them. Often in traumatizing situations, the person affected had little to no say over the event, and continuing to take their autonomy away can be very detrimental.
- Understand that talking about trauma can be painful, and the person may get upset. This is a natural part of coming to terms with their experience. *Don't feel that you are responsible for making their distress go away.*

Listening is very important, but it can sometimes be hard to know what to say. Don't worry about having to say 'the right thing'. There is no right thing to say, but here are a few pointers:

- Try to put yourself in their shoes. Don't interrupt, don't offer examples from your own life, and don't talk about yourself.
- Avoid offering simple reassurances such as, "I know how you feel", or "You'll be okay".

- Acknowledge their distress with statements like, "It's really tough to go through something like this" or "This is such a tough time for you".
- Ask leading questions like, "Would it be helpful to talk about (the event)?", "You've had a rough time, how are you feeling?"
- Show that you understand by re-phrasing the information they give you. Try starting with something like, "You seem really...", "It sounds like...", "Did I understand right that you...", "No wonder you feel..."

If they don't want to talk, you can still show your support by spending time with them, talking about other things, and doing practical things to help. Let them be alone for a while if that's what they want, but encourage them to have company for some time each day. Becoming isolated or cutting themselves off from other people is likely to make matters worse rather than better.

### *Look after yourself*

This may be the most important thing you can do to help your loved one. Supporting someone who has been through a traumatic event can take a toll on you, sometimes so much so that your own health can be affected and you can no longer act as an effective support person. It is crucial that you take time out and reach out to friends and other supportive people in your community.

**Student Well-Being offers a *Safety Group*, aimed at helping reduce the feelings of PTSD. For more information, visit [wellbeing.mst.edu/appointments/support-groups](https://wellbeing.mst.edu/appointments/support-groups).**

## FEATURED RESOURCES



### Equity and Title IX

#### Equity and Title IX

Equity and Title IX serves as a resource to students, faculty, and staff in education, prevention, and investigation of sexual violence, as well as other possible violations of the university's non-discrimination policies.

In addition to these efforts, the office of Equity and Title IX facilitates the development of a more diverse and inclusive campus. Equity and Title IX also work with current faculty, staff, and visitors to the university in appropriately exercising their rights under the Americans with Disabilities Act.

The office of Equity and Title IX provides support to all members of the campus community who experience or witness such an incident.

All employees of the university are considered mandated reporters, and must report if they witness an event of sexual harassment, sexual misconduct, sex-based discrimination, or discrimination of a protected class.

Get in touch with Equity and Title IX:

[equity.mst.edu](http://equity.mst.edu)

573.341.7734

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

203 Centennial Hall

#### Student Veterans Resource Center

The Student Veterans Resource Center is designed to help veterans transition and succeed in academia.

They offer many amenities and programs tailored to provide veterans with the tools they need to succeed during their time on campus.

SVRC focuses on admission help, academic help, and career development. You can visit them to meet with an advisor dedicated to getting you connected to on- and off-campus resources, so you can focus on your studies. You can also work with a Veteran's Coach to receive guidance and support for various school-related goals!

The Re-Spec-T Program is a model built to help our service members and veterans transition from a military lifestyle to an academic one and build a successful civilian career. Participants will learn to readapt their internal specifications to meet their transition goals.

Get in touch with SVRC:

[svrc.mst.edu](http://svrc.mst.edu)

573.341.6117

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

G10 Harris Hall



Student Veterans  
Resource Center

## FEATURED RESOURCES



### Safety Group (counseling)

Student Well-Being hosts a variety of group counseling sessions, Miner Support Network, and ProjectConnect. In these groups, you discuss with students that have similar feelings as you. Some are facilitated by a staff member (group counseling) and others are facilitated by students (Miner Support Network & Project Connect). You can view a full list of all groups and their meeting times [here](#).

In the Safety Group, you will experience a highly structured group with the goal of reducing PTSD or trauma symptoms and increasing feelings of personal safety.

The Safety Group meets every Tuesday at 3pm over Zoom. It is facilitated by Lynne Davidson, MA, LPC.

A brief screening is required before joining this group - please email [wellbeing@mst.edu](mailto:wellbeing@mst.edu) to schedule if you think this group would be beneficial to you.

### COVID Health & Vaccine Information

Student Well-Being has created a resource database (with the assistance from many campus members) to help provide information related to COVID-19, in 26 different languages.

This database is part of our ACHA CoVAC Grant Initiative.

You can view the spreadsheet [here](#).

Student Well-Being makes no claim to the accuracy of the materials. If you have any pressing concerns regarding COVID-19, please discuss with your health provider.

Get in touch with Student Health:

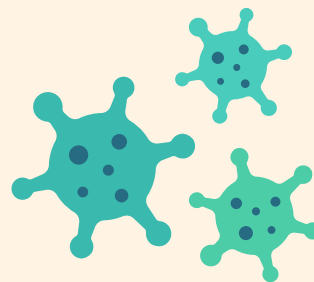
[studenthealth.mst.edu](http://studenthealth.mst.edu)

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

573.341.4284

910 W. 10th Street

For any questions or concerns about the material please email [wellbeing@mst.edu](mailto:wellbeing@mst.edu).



## FEATURED RESOURCES



### Let's Talk

Do you want to talk to a well-being professional, but you don't want to schedule an appointment just yet? Let's Talk is a program that provides easy access to informal, confidential conversations with trained Student Well-Being staff during walk-in hours at sites around campus. No appointment or fee necessary.

Let's Talk Locations (all 12pm-1pm):

Mondays: Student Success Center (198 Toomey)

Tuesdays: Havener Center

Wednesdays: [Virtual via Zoom](#)

Thursdays: Student Well-Being (204 Norwood Hall)

Fridays: [Virtual via Zoom](#)

### Consent is Everything

What is consent?

Sexual consent is where a person has the ability and freedom to agree to a sexual activity.

Sex without consent is rape.

The 'Consent, it's as simple as tea' video explains simply and clearly several aspects of sexual consent.

"You say, 'hey, would you like a cup of tea?' and they go 'oh my god I would love a cup of tea!', then you know they want a cup of tea."

In this example, both parties have expressed clearly that are consenting.

"You say, 'hey, would you like a cup of tea?' and they're like 'er, you know, I'm not really sure...'", then you can make them a cup of tea, or not, but be aware that they might not drink it, and if they don't drink it, **don't make them drink it.**"

In this example, consent has not been given.

"If they say "no thank you", then don't make them tea. At all. Just don't make them tea, don't make them drink tea, don't get annoyed at them for not wanting tea. They just don't want tea, ok?"

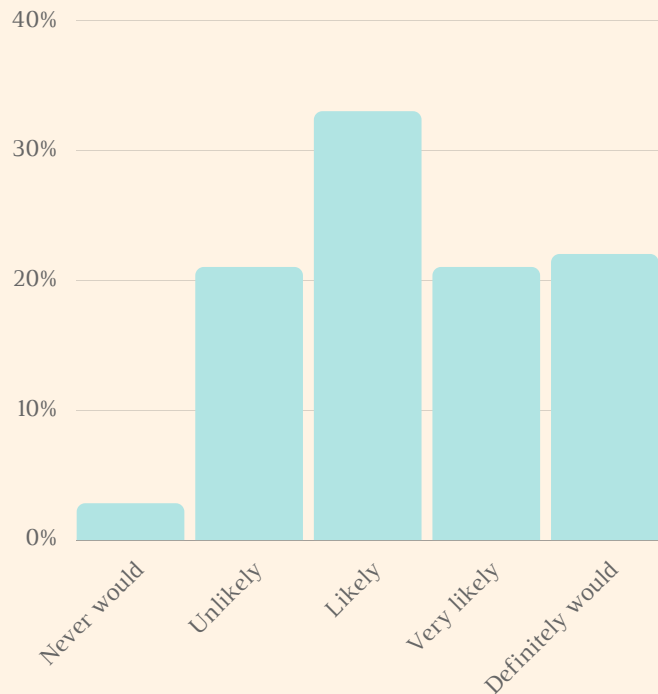
In this example as well, consent has not been given.

Consent is a vital part of all sexual activity - if you don't know if you've been given consent, assume you have not and *don't make them tea.*

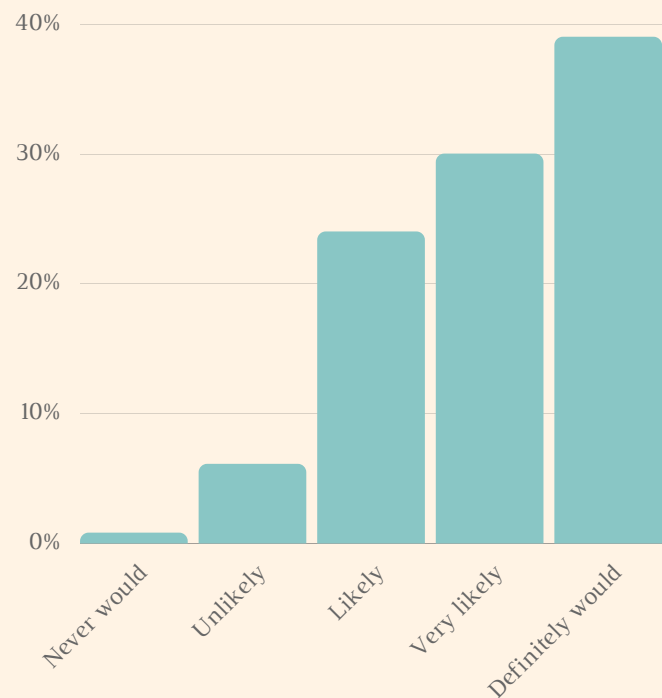
# DATA BRIEF

## STEP UP! When Witnessing Interpersonal Violence

Likely to: Tell someone if I heard what sounded like yelling or fighting through my residence hall/apartment walls.



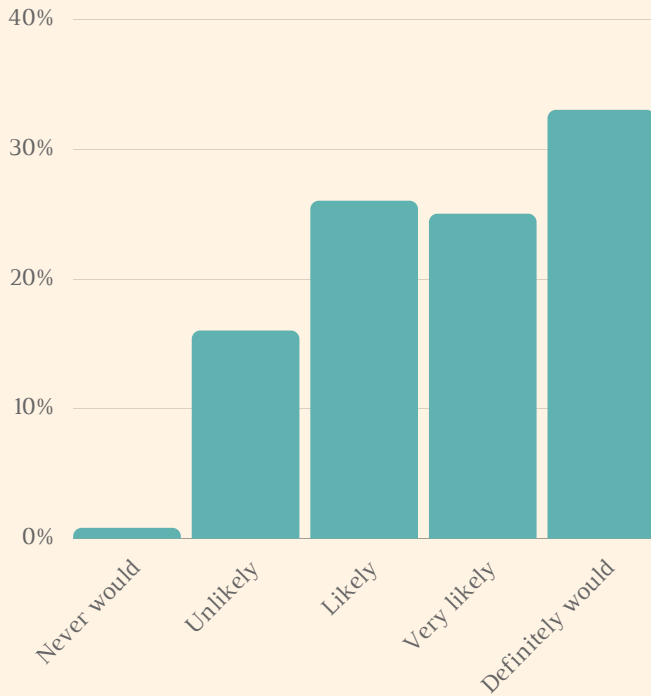
Likely to: Get help if I saw a friend grabbing, pushing, or insulting their boyfriend/girlfriend/partner.



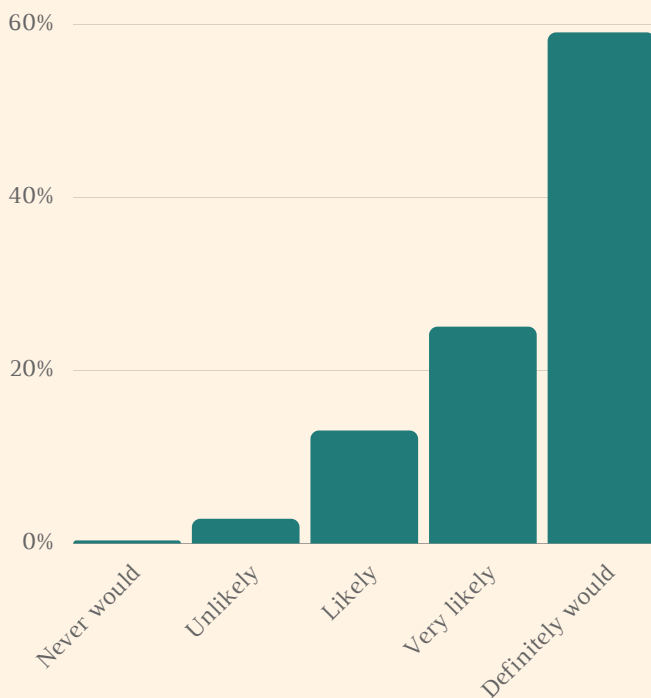
\*From 2021 Missouri Assessment of College Health Behaviors; n=415

# DATA BRIEF

## STEP UP! When Witnessing Interpersonal Violence



Likely to: Speak up and express concern if I heard a stranger talking about coercing someone to have sex.



Likely to: Speak up and express concern if I heard a friend talking about coercing someone to have sex.

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



# STUDENT SPOTLIGHT

## A Collection of Poems

By Jo Raymond

### What are you

Mixed race Child with a puzzling complexion  
that leaves the mind of other reeling  
A shade of brown a hint of white  
The race in non-revealing  
In a world of black, white and brown,  
A race must be known  
A personality is nothing  
Color is everything  
So the mind is made up,  
and the question is asked  
You are satisfied  
But somehow not enough.

### One Drop

Sometimes in my life  
My thoughts wander  
To a past life  
Where my freedom  
Is stripped from me  
And my life is in shackles  
And my punishment is a whip  
And my white friends are my owners  
My skin is brown, But in my blood many drops of  
black  
And it only takes one drop

### Deceased do not Destroy

I was filling at my job  
When I found a file marked deceased  
Deceased Do not Destroy, I opened it, Ignoring  
the moral Quandaries  
In it I saw her, A pretty girl, smiling back at me,  
With cold unmoving eyes, Underneath  
photographic glasses,  
I looked her up and found,  
She had killed herself, Others would move past  
it,  
Tuck it into the back of their mind, Sure to be  
forgotten,  
But I feel she's beckoning, Asking me to join her  
in the void,  
And I fear I'll answer her call,  
And be forever trapped in a manilla envelope,  
Marked deceased.

### Romances in a lonely mind

I saw a girl who I married  
Sitting with another guy  
I know it wasn't real  
But it feels like betrayal  
I've been betrothed more than a hundred times  
But I can't ever manage to keep them  
One by one they float on by  
And I mourn the lost love I've never known  
Although they don't even know it  
My sadness is great  
Because love is love, Even if it's imaginary

### An imaginary dialogue, On to something positive

*Good God this man is grim*  
Always misery  
*Enough, you mopey muppet! Let's talk about-*  
Joy  
*Do you know what you love?*  
Monkeys and Apes, Gorillas especially  
*Tell me about it*  
They look so kind, And they are smart.  
Sometimes I think they are smarter than humans.  
*Do you believe that certitude?*  
Yep  
I think if I moved to the jungle, and found a band  
of gorillas,  
They would accept me.  
*Then you really would be Gorilla Boy*  
Yeh  
*Well blimey!!*  
*You may have convinced me.*  
*If you go to the jungle, I may go with you.*  
*I think now*  
*I would choose an ape*  
*Over a human*  
*Any day.*

## MINDFUL MOMENT

### Treat Yourself Hot Cocoa



*From Student Well-Being Staff*

#### Ingredients:

- 1 ½ cups whole milk
- ½ cup heavy cream
- 2 tablespoons powdered sugar, or to taste
- ½ teaspoon espresso powder
- 8 oz 72% dark chocolate
- whipped cream, for serving

#### Instructions:

1. In a 1.5-quart saucepan over medium heat, whisk together whole milk, heavy cream, powdered sugar, and espresso powder until hot.
2. Small bubbles will appear around the edges and the mixture may start to steam. Do not allow the mixture to boil.
3. Turn heat to low and stir in chopped chocolate until melted completely.
4. Serve warm, topped with whipped cream.

## GET IN TOUCH



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



[\(573\).341.4211](tel:(573).341.4211)



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



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



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

## THIS MONTH'S EVENTS

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

November 20 - 28: Thanksgiving Break

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Want to be featured in the Student Spotlight section? 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 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 Student Well-Being. Content can be published credited to you or anonymously, whichever you prefer.