

WELLNESS CONNECTION

Your health, your well-being, our priority!



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LETTER FROM MAK

In the blink of an eye it's already October! This semester has flown by so we're taking this time now to check in on how you're balancing all the responsibilities and stressors that come with mid-semester. In fact, our theme for the month is "*finding balance in well-being*". We all have different needs to feel well, fulfilled, and successful, and finding our own individual balance is key to having long term well-being.

In this newsletter edition, we want to help you find the perfect balance, wherever you might be in your college career or wherever you might be in your well-being journey. There are a lot of great events coming up that promote balance, such as Mental Well-Being Awareness Week, so make sure to check those out on pages 7 and 8.

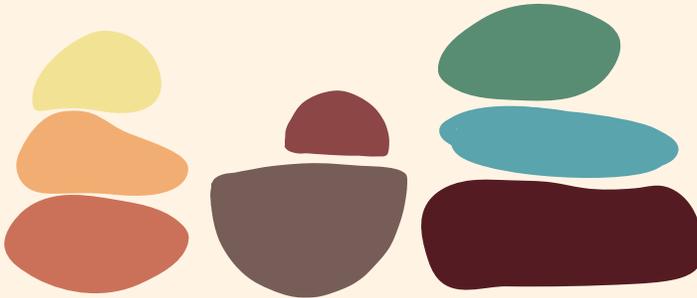
We hope you have a relaxing fall break, and remember that Student Well-Being is available to help support your mental health and well-being- reach out whenever you need using the contact information on page 7.

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

BOOST YOUR WELL-BEING

Finding Balance in Your Well-Being

From Student Well-Being



In our lives, we have all kinds of responsibilities, obligations, interests, and activities that require our physical and mental energy. We have the things that we do because they are required of us and the things we do simply for fun. But how do we find a balance of all these areas in a way that doesn't burn us out and allows time to focus on well-being?

When we think of the perfect balance for our well-being, we might first think of a pie chart with all equal portions. In reality, the time and energy we give to each area will vary greatly for each of us.

Within Student Well-Being, we focus on five areas of well-being: career, financial, physical and mental, community, and social. By understanding what your responsibilities and interests are in an area, we can better work toward the balance we need to feel happy, successful, and thriving.

To the right, check out our guiding definitions of each of these areas of well-being, and read to the next page to see how we can work on balancing and maintaining each one!

Career Well-Being: Career well-being focuses on what you spend most of your time doing. We spend most of our waking time doing what we consider a career, vocation, occupation, or job (being a student can count as your occupation!)

Financial Well-Being: Financial well-being does not directly correlate with the amount of money you have; those with high levels of financial well-being manage their personal finances well so that they can maintain financial security while being able to live the life they want.

Physical and Mental Well-Being: Physical and mental well-being focuses on how we support our bodies, minds, and personal needs and wants.

Community Well-Being: Community well-being focuses on how we take pride in the communities we exist in and how we contribute to our communities based on our strengths. Community can be your family unit, friend group, the town you live in, our identities, and many other factors of our choosing.

Social Well-Being: Social well-being focuses on the relationships we have with others in our life. Just like the examples of community above, these relationships and how we are social is vastly different for each of us.

BOOST YOUR WELL-BEING (CONTINUED)

Okay, so we know how to identify each area of well-being, now what do we do?

1. **Write everything out:** Start by writing out each area of well-being from the previous page, and write all the responsibilities, obligations, interests, and activities that you can think of that fall under each. For example, maybe under career you'll have classes/academics, your on and off campus jobs, and updating your resume.
2. **Determine importance:** Once you have each category filled out, look to see which categories have the most items, and which have the least. Then take note of if the number of items correlates directly to the level of importance you feel toward that area of well-being. For example, does it make sense for what makes you happy, your interests, and future goals?
3. **Set up a schedule:** Using all the items written out as a guide, try scheduling in time each day or week in your schedule to focus on those areas. It's also vital that we schedule rest and self care time everyday, or as frequent as necessary, to ensure we are taking care of ourselves and avoiding burning out. For example, if each week you know you have roughly 15 hours of available time, you could divide that free time based on how much you want to focus on each area and self care. And remember, it doesn't have to be a perfect pie chart! It's okay to spend more time on the areas you feel are more important.

Tips for Balancing Your Well-Being:

- **Be reasonable:** People have a limit to resources like time, money and energy. It is completely understandable to want to accomplish so many things; however, it is important to consider how much time is in a day. Know that you don't have to strive for perfection.
- **Find a support system:** Find the people in your life who build you up and support you, who add value to your life, and who can help or support your goals.
- **Say no to additional time pressures you aren't interested in or passionate about:** Often people say yes to others because there might be pressure to please others or to help out of obligation. Take time to think about what you can reasonably complete. Try to alleviate adding extra stress by learning how to say no when you want/need to.
- **Focus on today:** There will always be something that we will need to do, haven't gotten to, or something we have always wanted to do. Try to avoid obsessing about the future, and focus on what is happening today. Creating a healthy, balanced life requires you to be present in your family, friends, hobbies and work.



FEATURED RESOURCES

Health and Well-Being Campus Departments

STUDENT WELL-BEING

Student Well-Being provides counseling services, health promotion initiatives, and prevention programs to empower the S&T community to thrive and enhance personal, academic, and professional success. Browse all department services [here](#).

Contact Information:

204 Norwood Hall, 320 W 12th Street
wellbeing.mst.edu
wellbeing@mst.edu
[573.341.4211](tel:573.341.4211)

STUDENT HEALTH SERVICES

Student Health Services delivers healthcare to the Missouri S&T students in order to enhance personal and professional achievement. Browse all department services [here](#).

Contact Information:

Student Health Complex, 910 W 10th Street
studenthealth.mst.edu
mstshs@mst.edu
[573.341.4284](tel:573.341.4284)

STUDENT SUPPORT AND COMMUNITY STANDARDS

Student Support and Community Standards connects students with support services and helps navigate the student experience.

Contact Information:

107 Norwood Hall, 320 W 12th Street
studentsupport.mst.edu
studentsupport@mst.edu
[573.341.4209](tel:573.341.4209)

UNIVERSITY POLICE DEPARTMENT

The University Police Department supports the campus community in fulfilling its commitment to teaching, research, and service by providing a safe and secure environment for students, faculty, staff, and visitors in partnership with all members of the campus community.

Contact Information:

205 W 12th Street
police.mst.edu
police@mst.edu
[573.341.4300](tel:573.341.4300)

STUDENT DIVERSITY INITIATIVES

Student Diversity Initiatives fosters diversity and inclusion in the Missouri S&T community by providing a welcoming climate for all students.

Contact Information:

605 W 11th Street
sdi.mst.edu
sdi@mst.edu
[573.341.7286](tel:573.341.7286)

STUDENT ACCESSIBILITY AND TESTING

Student Accessibility and Testing assists in creating an inclusive and accessible university community where students with disabilities have an equal opportunity to fully participate in all aspects of the educational environment.

Contact Information:

G-10 Norwood Hall, 320 W 12th Street
saat.mst.edu
dss@mst.edu
[573.341.6655](tel:573.341.6655)

FEATURED RESOURCES

Health and Well-Being Campus Committee

Through collaboration with [JED Campus](#), the Health and Well-Being Campus Committee works to create positive, lasting, systemic change in the campus community.

One of the ways that the committee determines focus areas is through the expanded definition of student success on campus. While the traditional definition includes indicators such as grades, high academic achievement, retention, graduation rates and career outcomes, the expanded definition ensures indicators of student success include the well-being of campus community members and inclusion in all aspects of university life.

These focus areas have led to a comprehensive strategic plan that is accomplished by a few main subcommittees: 1) Assessment, 2) Inclusion, 3) Faculty Engagement, and 4) Student Advisory.

Campus community members are encouraged to join and/or to learn more about the work and efforts of the committee. To learn more, visit bit.ly/JEDcommittee. Email wellbeing@mst.edu to join or for questions.



Ask.Listen.Refer Suicide Prevention Training

The Missouri S&T Ask.Listen.Refer Suicide Prevention Training Program was designed to help faculty, staff, and students learn how to prevent suicide. The training, backed by research, teaches participants to:

- identify people at risk for suicide
- recognize the risk factors, protective factors, and warning signs of suicide
- respond to and get help for people at risk

This program takes about 20 minutes to complete and is intended for educational use, not therapeutic use. It is online, free, and accessible 24/7. The training can be taken any number of times for returning users to act as a refresher course.

Taking the Ask.Listen.Refer suicide prevention training is highly recommended for all, as it is always better to have the training information and never need it than to need it and not have taken it. Take it online today.

MISSOURI S&T

Health and Well-Being Committee

asklistenrefer.org/mst

MINDFUL MOMENT

National Coming Out Day: Tips and Resources

From *Human Rights Campaign*, *It's Pronounced Metrosexual*, & *Student Well-Being*

"Coming out", or sometimes referred to as "coming out of the closet", is the process by which someone 1) accepts and identifies with their gender identity and/or sexual orientation, and 2) shares their identity willingly with others. Sometimes we think of coming out as a one time occurrence, when in reality, for most individuals, it's an active choice and series of decisions- sometimes everyday- that LGBTQ+ individuals navigate in every new setting they enter. With National Coming Out Day this month on the 11th, below are tips for those considering coming out and what to do when someone comes out to you.



THINKING ABOUT COMING OUT?

Know and practice what you are going to say:

Know ahead of time how much you want to say, how you want to say it, if you want to leave space for questions, and if so, answers to potential questions.

Know who you want to tell first: Don't feel obligated to tell anyone first because of their relationship to you. It may be easier to start by coming out to those you know or suspect will be the most supportive, as this support may help with coming out to others.

Ensure you will be safe and comfortable: Try your best to come out in a place you feel safe and comfortable, including a strategy for leaving if you become uncomfortable. Try to plan it at a time when you will have your intended audience (telling one person alone vs being with a group of friends) and can have their full attention. Remember that above all else, your safety and well-being are vital.

WHAT IF SOMEONE COMES OUT TO YOU?

Don't:

- Say "I always knew" or something to downplay the significance of the moment
- Tell anyone else without their permission
- Ask probing or insensitive questions, or questions you wouldn't have asked them before you knew.
- Forget that they are still the person you knew, befriended, or loved before you knew
- Assume other parts of their identity

Do:

- Know that coming out to you is a huge sign of trust
- Check in on how confidential this is (do other people know? is this a secret?)
- Remember that their gender/sexuality is only one part of many of their entire identity
- Show interest and curiosity about this part of them that they are sharing with you
- Ask how you can best support them

MINDFUL MOMENT

Gratitude Journal Challenge

From Student Well-Being and *Glitter Guide*

There's no denying the positive benefits that come with keeping a gratitude journal. From your health to your mindset, keeping a track record of positivity is a great way to fuel you this semester and beyond.



The Challenge: Spend five minutes every morning and/or night on your gratitude journal, making a simple list of the things you're grateful for. Your list doesn't have to fill 10 pages a day. This isn't about quantity, but quality instead. Your list can include anything from the support and love you receive from your family to being thankful for the coffee you had this morning that was better than usual. The point of this challenge is to start being more aware of all the positives that each day brings.

Week One: Start today! Pick out how you want to journal and when you can do it each day.

Week Two: Stick to journaling 5 minutes each day. Look back at week one's entries and reflect on how you were feeling.

Week Three: Stick to journaling normally, but add in pictures, images, affirmations, or other ways to enhance the experience.

Week Four: Stick to journaling normally, but put your gratitude into action by doing random acts of kindness and showing appreciation and love to those around you. And keep it up if you enjoyed it!

GET IN TOUCH



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)

UPCOMING DATES

October 4: [Virtual Career Fair](#)

October 6-7: [Fall Break](#)

October 10-14: [Mental Well-Being Awareness Week](#) (learn more on the next page)

October 11: [National Coming Out Day](#)

October 21-23: [Homecoming Weekend](#)

October 31: [Halloween](#)

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.

EVENT SPOTLIGHT

Mental Well-Being Awareness Week (October 10-14)

From Student Well-Being

Mental Well-Being Awareness Week is an annual event hosted by Student Well-Being filled with activities, events, and resources aimed at helping you focus on and improve your mental well-being.

Find more details about the week at

wellbeing.mst.edu/mwbaw22

Monday, October 10th

- **"Bouncing Forward" Workshop:** with local health coach Gaelle Chapon and waffles | *Havener, St. Pat's B, 12-1pm*
- **Wellness Resource Fair:** featuring on campus departments, student groups, and local businesses | *Havener Atrium, 11am-1:30pm*

Tuesday, October 11th

- **Morning Yoga:** featuring a yogurt breakfast station to get your day started right | *Fitness Center, 9-10am*
- **Pop the Stigma:** event to help destigmatize mental health and the conversations surrounding it | *Library, 11am-1pm*
- **Hydration Station:** located on campus to keep you hydrated throughout the day | *Library, 11am-1pm*
- **Build Your Own Thriving College Kit:** featuring items such as safer sex supplies, dark chocolate, mental health stickers, tea bags, and more | *Havener, Carver Turner, 6-8pm*

Wednesday, October 12th

- **Craft Stations:** located in multiple locations on campus to help you relax and destress | *Havener Atrium, 11am-1pm; and 201 Norwood, 3-5pm*
- **Mental Well-Being Ambassador Training:** aimed at training participants to be advocates and resources on campus for supporting mental health; dinner provided | *254 Toomey Hall, 6-8pm*

Thursday, October 13th

- **Mental Health Screening Day:** with licensed counselors from Student Well-Being | *Havener Atrium, 11am-1pm*
- **Trivia Night:** featuring a game of trivia with other games and snacks available | *RC2 Basement, 6-8pm*

Friday, October 14th

- **Dog Days:** featuring dogs to pet and play with | *201 Norwood and Havener Lawn, 10am-2pm*
- **Family Night:** featuring games, dinner, and more for a night fit for the whole family | *2nd Floor Norwood, 6-8pm*