

WELLNESS CONNECTION

Your health, your well-being, our priority!



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LETTER FROM MAK

Dear Reader,

September is National Suicide Prevention Month and Recovery Month, so we are focusing on supporting our own and others' well-being as much as possible, in order to set up safety nets to reduce the impact of mental health concerns in the future.

In the past year, 54% of S&T students experienced anxiety, 29% major depression, 25% chronic sleep issues, 22% panic attacks, and 10% eating disorders*. What "well-being" means for one person may be vastly different than what it means for you, and that's okay! We all have different needs, concerns, and baselines for our well-being. So what does "well-being" mean to you?

"Well-being" could mean setting boundaries with friends and loved ones that ensure your comfort, or learning better time management skills to improve grades. "Well-being" could be finding better methods of relaxing, or trying to get an hour more of sleep each night. Whatever it means to you, we are here to support you however we can.

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

*2021 Missouri Assessment of College Health Behaviors

BOOST YOUR WELL-BEING



Striving for a Wellness-Focused Semester

Whether you're a returning or new student, this semester is definitely different. The world is still in the midst of a pandemic, and many of us are just trying to keep up. This fall is the first fully in-person semester in two years, and if you are struggling with that fact, no matter the reason, know that you are not alone.

Although we can't solve the pandemic, we would like to offer you some tips for developing healthy coping skills, creating boundaries between school or work and free time, and how to relax.

Healthy Coping Skills

First off, coping is a process. Don't expect to take one action and feel better immediately, you have been through something stressful or traumatic, so you need time to heal.

Some steps you can take include:

- Taking a break from the news
- Connecting with friends, family, or your community
- Setting aside time to unwind and do things you enjoy
- Practicing self-care

Creating Boundaries

Creating a strict boundary between school or work and free time is an essential part of improving your overall well-being. If the lines become too muddled, you can easily end up spending excess time thinking and stressing about school, leading to poor performance.

Some tips to create boundaries include:

- Creating a dedicated schoolwork space
- Setting a daily routine
- Dedicating school-free time (don't check anything school related during this period)

Relaxation Tips

Actively setting aside time to relax can be difficult for some. If you're overloaded on homework, group projects, club activities, and/or anything else, taking a complete break from those stressors is an "easy" first step to a healthy semester.

This is "easy" because you don't have to do anything - that's the whole point. But it can be very difficult to recognize when you're really in need of some shut-down, absolute relax time.

A great start to adding relaxation time into your schedule would be to actually create a schedule you follow daily. Your schedule should (ideally) include class times, job-work times, schoolwork times, and fill in the rest with relaxation time. Having another calendar to reference often with your big assignments and projects can ensure you allot enough time to work on them and alleviate the stress of last-minute working.

Some other relaxation tips include:

- Taking snack breaks
- Taking quick, midday naps
- Spending time outdoors or in your comfy place
- Partaking in a new (or old!) hobby
- Starting a new game, series, or book

FEATURED RESOURCES



Collegiate Recovery Ally Training

The Missouri Alliance of Collegiate Recovery Organizations (MACRO) Recovery Ally Training Program was designed to help faculty, staff, and students support individuals in recovery from substance use disorders.

The training covers:

1. Substance use disorders and recovery
2. Myths and stigma about substance use disorders
3. Using person first, recovery friendly language
4. How to support someone seeking, or already in, recovery

The training takes about 30 minutes to complete. It is intended to be educational and should be completed in one sitting. Logging in and out of the program may cancel your progress and prevent you from obtaining your certificate of completion.

[Click here](#) to learn more!

Ask.Listen.Refer.

The Missouri S&T Ask.Listen.Refer Suicide Prevention Training Program was designed to help faculty, staff, and students prevent suicide by teaching you 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

The training takes about 20 minutes to complete. It is intended to be educational rather than therapeutic, and it must be completed in one sitting. Logging in and out of the program may cancel your progress and prevent you from obtaining your certificate of completion.

Completing the training is the first step to becoming a Mental Well-Being Ambassador. Email your certificate of completion to wellbeing@mst.edu to learn the next steps.

[Click here](#) to take the training. We all play a vital role in helping prevent suicide!



FEATURED RESOURCES



Learning Enhancement Across Disciplines

LEAD

The Learning Enhancement Across Disciplines (LEAD) Program provides learning forums to students who wish to increase their understanding, improve their skills, and validate their mastery of concepts and content in a wide variety of foundational courses to achieve their full potential.

Peer Learning Assistants help and empower students to succeed in LEAD-assisted courses and refer students to campus-wide academic resources. Full-time undergraduate students can apply for this position on their website.

Tutoring is available for over 50 different classes! All tutoring sessions are taking place in-person this semester.

To view the detailed schedule, [click here](#).

Test reviews are available for PHYSICS 1135, PHYSICS 2135, MATH 1120, MATH 1214, MATH 1215, MATH 2222, MATH 3304, CIV ENG 2200, CIV ENG 2210, and CHEM 2210.

Miner Oasis

The Miner Oasis is located in 201 Norwood, open Monday-Friday, 8am-5pm.

There are a variety of activities available, including coloring books, bracelet and necklace making materials, board and card games, yoga mats, customizable essential oils, and a massage chair.

There is also a Keurig with coffee, tea, and hot chocolate, various healthy snacks, a fridge, freezer, and microwave, comfy seating, and a computer and printer.

All of these activities and amenities are available to all students at no cost.

Student groups or organizations can reserve the Miner Oasis by emailing wellbeing@mst.edu two weeks in advance, pending review by staff.

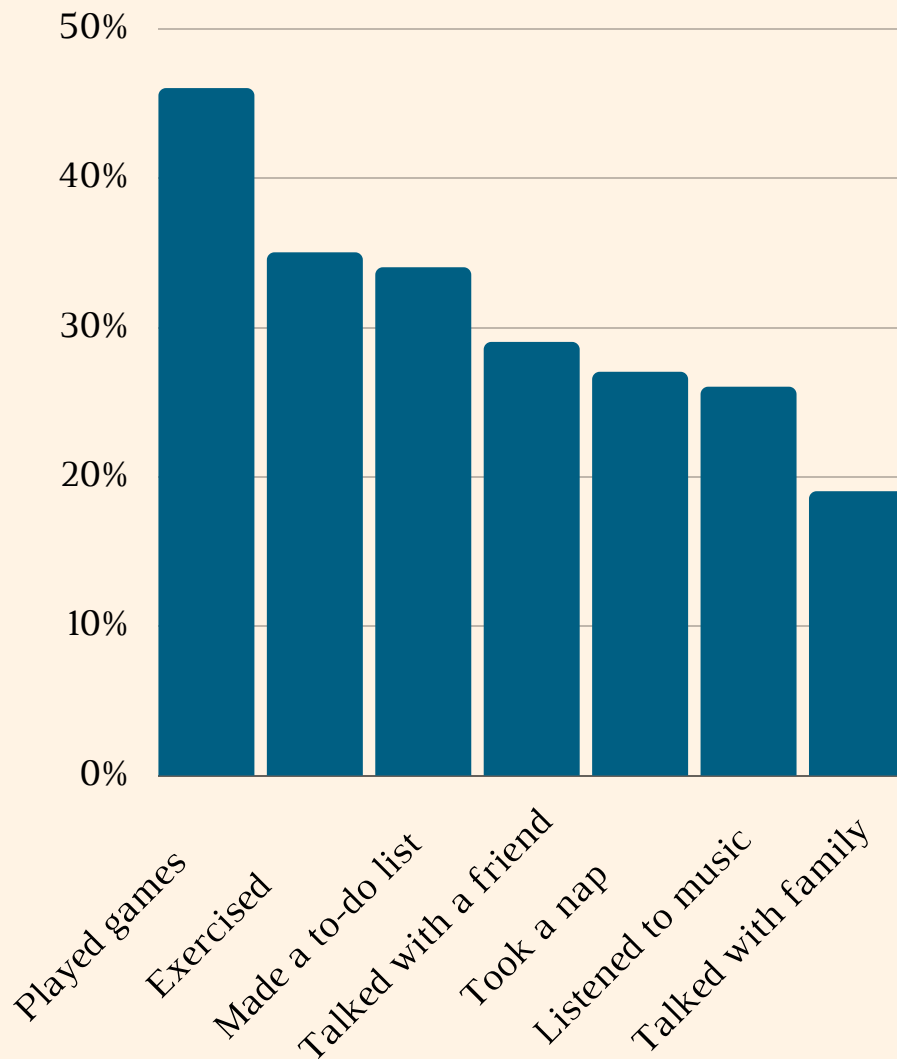


DATA BRIEF

In 2021, the most common way that S&T students relieved stress was by playing games (online and offline), and there are a few ways on campus you can do just that. The Miner Oasis (located in 201 Norwood Hall) has a variety of board and card games available to all students. The [S&T Gaming Association](#) plays various board, card, and roleplaying games. The [S&T eSports club](#) is dedicated to playing popular esport video games, such as League of Legends, Rocket League, Valorant, and more. The [S&T Game Development club](#) creates all types of games.

Knowing how you can relieve stress is vital to caring for yourself properly each semester. See what other common ways students relieve their stress below.

What have you done to relieve stress in the past two weeks?*



*From 2021 Missouri Assessment of College Health Behaviors

MINDFUL MOMENT

Relaxing Mobile Games

From Student Well-Being Staff



Polysphere

If you're looking for something fun to play and relax with on the go, why not try out some of these mobile games?

Environment builder: Penguin Isle, Dear My Cat, My Oasis, Abyssrium, Valleys Between

Collection: My 49 days with cells, Neko Atsume, animal restaurant

Puzzles: Polysphere, Monument Valley I and II, Prune, Hidden Folks, tint., Patterned, Circadia

Action/Adventure: White Trip, Miss Wind, Stardew Valley, Nimian Legends

Links to each of these games are available on our [Carrd!](#)

GET IN TOUCH



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THIS MONTH'S EVENTS

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

All month: Take this poll to help guide campus health

promotion initiatives: bit.ly/SandTCovidPoll

September 10th: National Suicide Prevention Day

September 28th-30th: [Career Fair](#)

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. 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.