

WELLNESS CONNECTION

Your health, your well-being, our priority!



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LETTER FROM MAK

Hello Miners,
Welcome to campus for the Fall 2023 semester! Whether it's your first semester on campus or one of your last, we hope it is off to a wonderful start.

The Student Well-Being department is here for all students to support your mental health and well-being, and one of the ways we do that is through this monthly publication, the Wellness Connection newsletter! You can expect our first full edition of the semester in September, with fun features such as quick planner tips for the semester, dorm decor essentials, important resources to know, and how to set yourself up for the semester.

With the month of August already almost over, this shorter edition is here to highlight one of campus' newest (and most rewarding!) resources- the BetterYou app. Check it out to start earning cash rewards, and please remember you can reach out to Student Well-Being at any time.

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

FEATURED RESOURCE

BetterYou

BetterYou is a healthy habits companion app that is free for S&T students! Earn your first of many rewards after completing onboarding in the app and get a \$5 gift card to a retailer of your choice! [Click here](#) to download or scan the QR code below and **sign up with your @mst.edu email** to get started!

*Note: Using your @mst.edu email is required as this is what allows for access to the app.

Prioritizing your wellness can be a challenge in today’s world for a busy college student! That’s why Missouri S&T has partnered with BetterYou. You can set a goal to get more sleep, hit a few more steps, keep in touch with loved ones, or meditate for a few more minutes this semester. Your mind and body will appreciate it. And your wallet will appreciate it- ***working toward and completing your goals allow you to get cash rewards to be used at hundreds of your favorite places***, such as Starbucks, Dominos, Amazon, Apple, Applebees, over 200+ retailers, and so many more.

To learn more about the app, see tutorials, and more, visit wellbeing.mst.edu/betteryou.



FEATURED RESOURCE

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.


You can browse all of Student Well-Being's services [here](#), which include individual counseling, group counseling, wellness consultations and health coaching, bystander intervention, and being a safe space for all students on campus.


Check out the Miner Oasis!


The Miner Oasis is simply a place to relax. There are coloring books, customizable essential oils, coffee and tea, snacks, yoga mats, and a massage chair. This is a student only space, designed to help you de-stress and be yourself. The Miner Oasis is open Monday - Friday, 8am - 5pm, in 201 Norwood Hall.




GET IN TOUCH

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

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

UPCOMING DATES

August 23: [Mystical Arts of Tibet Workshop for Students](#)

August 25: [The Mystical Arts of Tibet: Sacred Music, Sacred Chants for Peace & Healing](#)

August 25: [MinerAma](#)

September 4: Labor Day (Holiday)

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.