

WELLNESS CONNECTION

Your health, your well-being, our priority!



TABLE OF CONTENTS

LETTER FROM MAK

BOOST YOUR WELL-BEING: Meet Mak the Mole; BetterYou

FEATURED RESOURCES: Joe's PEERS; Student Well-Being Services; Narcan

MINDFUL MOMENT: Tips for Getting Organized at the Start of the Semester

THIS MONTH'S EVENTS

LETTER FROM MAK

Hey Miners,

Happy first week of classes! We are so excited to see you all on campus, whether it's your first semester at Missouri S&T or one of your last.

For our newest campus members, we are pleased to introduce you to the Wellness Connection Newsletter for students! Started in August 2020, this monthly publication features timely resources, services, tips, and more, all aimed at supporting your mental health and overall well-being. You can expect to get this newsletter in your inbox each month during the academic year, but all editions are featured on the Student Well-Being website at wellbeing.mst.edu/self-education/monthlypublications.

Through this newsletter, along with all our [department's services](#), we want you to know that you are not alone. While you're a student at Missouri S&T, your mental health and well-being are our top priority! You can find our contact information on the last page of this newsletter; feel free to reach out to us anytime. We can't wait to get to know you!

We hope you have a great rest of your first week and enjoy this publication. We look forward to sending you our next edition in September!

With warm regards,

Mak the Mole (and *The Student Well-Being Office*)

BOOST YOUR WELL-BEING

Meet Mak the Mole

From Student Well-Being

Did you notice the mole on the front of the newsletter? That's **Mak the Mole**, Student Well-Being's own mascot!

Mak the Mole is not only our department's mascot, but also the "face" of our social norms campaigns. Mak is used to aimed at dispelling myths and misperceptions related to mental health, alcohol and cannabis use, and more. Whenever you see Mak (rhymes with "back"), you can expect to find data collected from S&T students, most often from the Missouri Assessment of College Health Behaviors (MACHB), an annual survey completed on campus each spring semester.

You might be wondering- what are social norms? Social norms refer to values, beliefs, attitudes, and/or behaviors shared by a group of people. They are often based on what people believe to be normal, typical, or appropriate. Social norms can function as unspoken rules or guidelines for how people behave, and for how people are expected to behave. The Mak the Mole campaign allows students to question their assumptions of college life with data taken directly from S&T students.

Did you know you can ask Mak questions?

Using Ask Mak, you can submit anonymous questions related to mental health, wellness, and more. The answers come from Student Well-Being staff and are always evidence based, non-judgmental, and researched. Answers can be found on the Ask Mak website!



MAK FACT

Over 80% of Miners said they would want their peers to step in if they were struggling with their wellbeing.

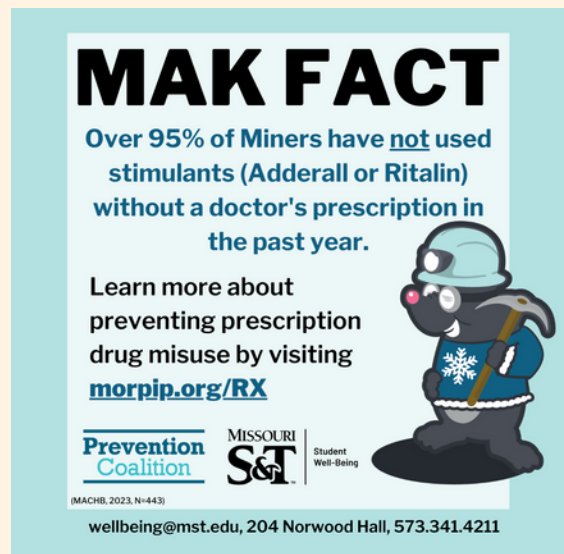
Know how to help:

- National Suicide Prevention Lifeline - Call or Text 988
- Student Well-Being
- Submit a UCARE Referral - Visit studentsupport.mst.edu/ucarereferrals
- Suicide Prevention Training - asklistenrefer.org/mst

Prevention Coalition MISSOURI S&T Student Well-Being

(MACHB, 2023, N=443)

wellbeing@mst.edu, 204 Norwood Hall, 573.341.4211



MAK FACT

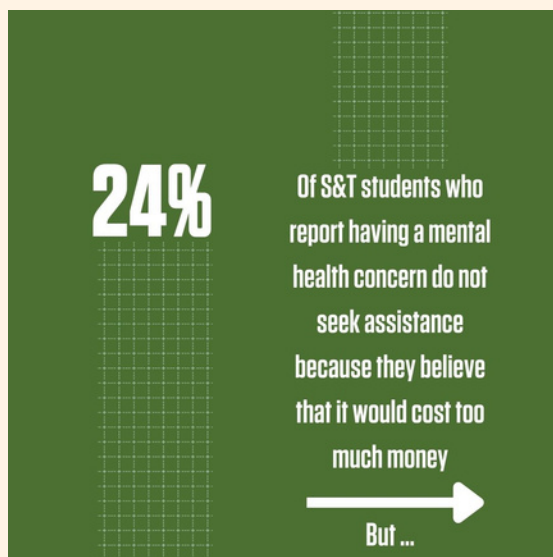
Over 95% of Miners have not used stimulants (Adderall or Ritalin) without a doctor's prescription in the past year.

Learn more about preventing prescription drug misuse by visiting morpip.org/RX

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24%

Of S&T students who report having a mental health concern do not seek assistance because they believe that it would cost too much money

But ...



Actually all Student Well-Being services are free for enrolled students. These services include individual counseling, group counseling, wellness consultations, and more.

wellbeing@mst.edu

BOOST YOUR WELL-BEING

Check Out the BetterYou App

Balancing wellness and focusing on your health can be challenging. That's why S&T has teamed up with BetterYou – your partner in cultivating healthy habits across all aspects of your well-being.

BetterYou is a **free** mobile app designed to support your goals in physical, social, educational, and mental wellness. Start by completing the onboarding process to earn your first reward: a \$5 gift card to a retailer of your choice!

BetterYou operates in the background, tracking your progress and offering gentle nudges and rewards to help you achieve your goals. It's your companion in prioritizing what matters most to you.



Sign up by August 26th and be entered to win a 40" TV! Click [here](#) to sign up and get started today! Make sure to sign up using your @mst.edu email address.

FEATURED RESOURCES

Joe's PEERS

Looking to make a positive change on campus while gaining leadership skills, social connections, and more? Join Joe's PEERS!

JOE'S PEERS is a student leadership organization that promotes health and wellness by providing education, encouragement, and resources to Missouri S&T students. Joe's PEERS members will develop experience in public speaking, interpersonal communication, self-management, teamwork, and act as resource persons to the campus community.

[Learn more and sign up here!](#)



FEATURED RESOURCES

Student Well-Being Services

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.

Learn more about all the services we provide below, all covered by your health service fee and are available at no additional cost!

- **Individual Counseling**

- Brief, confidential, solution-based treatment to Missouri S&T students. Meet with a licensed counselor on concerns such as stress management, anxiety, depression, grief, motivation, family concerns, and more.

- **Group Counseling**

- Groups offer a safe space to gain awareness of yourself and others. The experience can reduce loneliness, normalize life events, promote change, and teach new relationship skills. Groups help us learn how to connect with our own feelings while in the presence of others.

- **Case Management Services**

- Our Case Managers works to assist students by addressing immediate needs, connecting to appropriate resources, and working to help students navigate barriers to their well-being and success. They additionally work to connect students to the resources on campus and within the community best suited to help meet their goals.

- **Wellness Consultations**

- Brief individual consultations with a wellness coordinator to discuss topics such as nutrition, nicotine cessation, sexual health, alcohol or other drug use, and more. Wellness Coordinators offer resources, coaching, and education to help you improve your overall health and wellness.

- **Trainings and Presentations**

- Student Well-Being provides presentations, trainings, and workshops to organizations, classes, and departments that request them (you may remember our presentations during opening week!).

- **STEP UP! Bystander Intervention**

- STEP UP! empowers the campus community to foster a culture of awareness, intervention, and inclusion in all our interactions in person, on social media, and virtually. STEP UP! helps students recognize problematic events and increases their motivation, skills, and confidence when responding to problems or concerns.

To learn more, visit the [Student Well-Being website](https://wellbeing.mst.edu) or use the contact information below.

wellbeing.mst.edu | wellbeing@mst.edu | 573.341.4211 | 204 Norwood Hall | M-F, 8:00-4:30pm

FEATURED RESOURCES

Narcan Now Available on Campus

Narcan is available to S&T students and employees by request at no charge in the Student Well-Being Department (204 Norwood Hall) during normal hours of operation (Monday - Friday, 8:00am - 4:30pm), as well as in all S&T Residential Halls at the front desk. Narcan will be given judgement free, anonymously (personal information will not be collected), and will come with directions on how and when to use it.

Naloxone is an FDA-approved medication that can be used to temporarily and rapidly reverse opioid overdoses. Narcan is a brand name for Naloxone. It has no other purpose and will **not** harm someone who is **not** having an opioid overdose (so when in doubt, use it!).

[Learn more about availability, signs of an opioid overdose, how to respond, and available resources at wellbeing.mst.edu/narcan.](http://wellbeing.mst.edu/narcan)



GET ACCESS TO LIFE-SAVING

NARCAN

FREE TO S&T STUDENTS AND EMPLOYEES



Help prevent opioid deaths | Help save lives | Protect yourself and your community

wellbeing.mst.edu/narcan



DRUG OVERDOSE IS THE #1 LEADING CAUSE OF DEATH AMONG ADULTS AGED 18-44 IN MISSOURI*



NARCAN SAVES LIVES

Narcan is now available to all S&T students and employees. wellbeing.mst.edu/narcan



*Missouri Dept of Health and Senior Services

Above are some examples of our Narcan promotional materials that you may see around campus!

MINDFUL MOMENT

Tips for Getting Organized at the Start of the Semester

Getting, and staying, organized can be difficult while in college, especially in your first semester! Below are some tips of how you can get organized, with ways to stay consistent throughout the rest of the academic year.

- **Use a planner, calendar, or other consistent tracking system:** While this tip may seem obvious, the most important part is being **consistent**. Make sure you are using your planner, calendar, or other tracking system every single day and that you are using it in a way that works for you. Planners can help you stay on top of class assignments, job schedules and other commitments, and help you map out a plan for completing everything on time. And don't forget to schedule in time for yourself!
- **Keep organized based on class:** Use separate folders, notebooks, etc for different courses. In a planner or calendar, try marking course assignments or dates with different colors.
- **Read through and annotate course syllabi:** Make sure you read through each course's syllabus to ensure you understand everything that is expected of you for the semester. Highlight important dates to remember or resources you want to refer back to.
- **Create or find study spaces that work for you:** Avoid studying in bed or in places/with people that are too comfortable or relaxing. Instead, seek out places on campus that allow you to be the most focused, or find study groups that are good at staying on track.
- **Learn time management and study skills:** It can take some time to adjust to the university workload, and that's okay! [The Student Success Center](#) has a lot of great resources to help, such as time management and study skill learning, success coaching, and more.

Good luck this fall Miners, and remember: you've got this!

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)

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 [Laura Woods-Buchanan](#). Content may be edited for clarity and length. All submissions must follow University policy and will be used at the discretion of Student Well-Being.

UPCOMING DATES

August 23: [Minerama at the Puck](#)

August 25: Last day to drop courses with 100% refund

August 26: Joe's PEERS Intro Meeting - 12-1pm, 305 Norwood

August 28: [Strategic Diversity Initiatives Welcome Back Picnic](#)

September 2: Labor Day Holiday

September 4: [Free Yoga for Students](#)

MEET OUR WRITERS

Unless otherwise stated, all articles are written by one of the Student Well-Being staff members below. We thank you for your continued readership!

Debora Andrade - Student Employee

Abigail Krimmel - Student Employee

Laura Woods-Buchanan - Health Communications Specialist