

WELLNESS CONNECTION

Your health, your well-being, our priority!

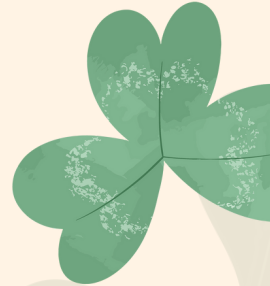


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THIS MONTH'S EVENTS

LETTER FROM MAK

Hey Miners,

This month promises a lot of excitement for many of us- Spring Recess, St. Pat's Day, Spring Break- so we are using this newsletter edition to help set you up for success so you can make the most of it.

For those of us choosing to partake in St. Pat's festivities, we have tips and resources to help you partake in a safer way and information for helping to keep others safe as well.

For those of us more focused on the break and transition from winter to spring, we are helping you embrace the outdoors with an app for hiking and the benefits of getting outside.

For those of us that need an extra boost, celebrate International Day of Happiness with us through our mindful moment and find happiness in the little things.

Wherever you find yourself during break, remember that there is support available. The Student Well-Being office is open all month long so please reach out if you need anything (contact information on the last page).

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

DATA BRIEF

Stepping Up this St. Pat's

From Student Well-Being

With St. Pat's and Spring Break right around the corner, it's important to prepare for fun as well as safety. Later on in the newsletter we give tips on protecting yourself during the festivities, but what about protecting our friends or others we don't know as well? Did you know- 86% of S&T students (graduate and undergraduate) said that they believe it is their responsibility to intervene in a situation where someone's health or safety is in jeopardy.*



86% of S&T students believe it is their responsibility to intervene in a situation where someone's health or safety is in jeopardy

So, how do we intervene in a problematic situation? Try the steps below from our STEP UP! Bystander Intervention training here at S&T.

STEP ONE: NOTICE THE EVENT: Noticing an event happening is the first step in intervening appropriately in a situation. While this sounds simple, and is often times subconscious, we need to be aware of our surroundings to be able to notice a problematic event. We often use our all five of our senses to notice an event, most obviously our vision and hearing.

STEP TWO: INTERPRET THE EVENT AS A PROBLEM: This step is about noticing an event happening and deciding quickly whether or not it's a problem, or a situation where some form of intervention is necessary. While this step can be trickier as we often don't have all the details of a situation, it's important to err on the side of caution and interpret it as a problem.

STEP THREE: ASSUME PERSONAL RESPONSIBILITY: Bystander Intervention is based off of the idea of the "bystander effect", a proven theory in which people are less likely to help in a situation if other people, especially strangers, are present. This is often because of diffusion of responsibility, or feeling like other people will help or are more equipped to help, so we choose to do nothing. Bystander Intervention training emphasizes that it's vital we assume personal responsibility in a situation so a harmful situation doesn't escalate.

STEP FOUR: KNOW HOW TO HELP: Knowing how to intervene appropriately in a situation is vital to the intervention's success. There are four strategies that Bystander Intervention teaches - direct, distract, delay, and delegate. **Read more about each intervention styles at stepup.mst.edu**

STEP FIVE: IMPLEMENT: Now that you know how to STEP UP!, it's time to intervene in a problematic situation. **Learn more and find scenarios to practice at stepup.mst.edu.**

Data comes from the 2023 Missouri Assessment of College Health Behaviors

BOOST YOUR WELL-BEING

Spring Forward - Benefits of Embracing the Outdoors

From Student Well-Being

As the calendar turns and we welcome longer, sunnier days, the natural extension of daylight hours invites us to embrace a significant boost in our overall well-being.

More than just a source of warmth, sunlight plays an important role in regulating our body's internal clock, or circadian rhythms, which improves the quality of our sleep and lifts our mood. Increased exposure to sunlight not only promotes the production of vitamin D—a critical nutrient for bone health and immune system strength—but also stimulates the production of serotonin, a key hormone that regulates our mood, feelings of well-being, and happiness.

Furthermore, longer days allow for a variety of outdoor activities. A leisurely walk in the park, a strenuous hike through nature's trails, or a simple routine of gardening in the backyard all provide a physical workout while also acting as a natural stress reliever. Physical exercise in nature has been shown to reduce symptoms of anxiety and depression, providing a peaceful respite from the stresses of daily life.

In addition to the mental health benefits, participating in outdoor activities during these extended daylight hours promotes social interaction and community connection, which contributes to a stronger sense of belonging and emotional well-being. The natural world provides an unparalleled setting for strengthening relationships and creating unforgettable memories with friends and family.

We have a unique opportunity to enrich our lives in a variety of ways by taking advantage of the longer daylight hours. It's time to reset our routines, prioritize physical health with more active, outdoor lifestyles, and cultivate mental resilience by immersing ourselves in the joy and tranquility that nature abundantly provides. In doing so, we not only improve our own health and happiness, but we also foster a stronger connection with the environment and those around us, celebrating the natural world's beauty and therapeutic benefits.

Not sure where to start? Our articles might help!

Check out our featured resource, AllTrails, an app that will help you get outside!

And while you are taking that beneficial time outdoors, take inspiration from our mindful moment, Finding Happiness in the Little Things, to help you improve your health and happiness!



BOOST YOUR WELL-BEING

Prioritizing Safety this St. Pat's

From Student Well-Being

As St. Pats festivities approaches and students gear up for spring break, it is essential to prioritize safety if you are choosing to drink alcohol or consume marijuana. While the safest thing to do is not use, below are some tips for those who choose to consume for a safer experience:

- **Plan Ahead:** Take some time to consider factors such as transportation, accommodations, and the availability of sober friends/drivers. Also, plan to leave with the same people you came with and come up with somewhere for meeting up if you get separated. Having plans in place can help mitigate risks and ensure a safer experience for everyone involved.
- **Accountability Matters:** Before any drinking or drug-related activity, set clear limits for yourself. For example, if you are going to a friend's house and only want to drink 2 beers while you are there, a way to set yourself up for success is to only bring 2 beers with you. You can even communicate these boundaries to your friends and encourage them to do the same. If anything, pace yourself accordingly and having predefined limits can prevent excessive consumption that could lead to dangerous situations.
- **Keep Track of Your Drink:** Always keep your drink within sight and never leave it unattended. Don't accept drinks from strangers. If you lose your drink, get a new one to minimize risk of tampering.
- **Stay Hydrated:** Staying hydrated is essential whether you are drinking or using drugs. Alternate alcoholic drinks with water to prevent dehydration and minimize the risk of adverse effects. Proper hydration can also help alleviate hangover symptoms.
- **Eat Before and During Consumption:** Carry around some bags of Cheez-Its or fruit snacks! Having an empty stomach can lead to faster intoxication and increased vulnerability to effects. Eat a meal before and continue snacking throughout to help slow the absorption of substances into the bloodstream.
- **Avoid Mixing Substances:** Mixing alcohol with other drugs, including marijuana, or even mixing different types of alcohol in general, can increase the risk of adverse effects and impair judgment. If you choose to consume substances, exercise responsible practices and refrain from combining.
- **Designate a Sober Buddy:** If you are planning on consuming substances away from home, designate a sober friend to oversee the group's safety. This friend should refrain from consuming any alcohol or drugs and be responsible for ensuring everyone gets home safely.
- **Look Out for Each Other:** Prioritize safety of yourself and others by keeping an eye on your friends. Intervene if you notice any signs of distress or excessive intoxication. Communicate and support each other in making responsible decisions.

St. Pats and spring break are opportunities to unwind and enjoy time with friends, but it is essential to prioritize safety and responsibility. By considering these tips and more, you can ensure a safer and more enjoyable experience. Remember, your well-being is so important, so make choices that align with your health and safety. Cheers to fun and responsible celebrations! To learn more about safer consumption tips and access to safer drinking resources, contact Student Well-Being at wellbeing@mst.edu or visit wellbeing.mst.edu.

FEATURED RESOURCES

The Innovation Lab

The Innovation Lab is now open! Check out the new space dedicated to the students. The vision of the Lab is to be more than just a building- rather a dynamic space designed to nurture creativity, collaboration, and discovery.

The building features active learning classrooms, labs designed to support cross-disciplinary work, the university's Student Success Center, makers space, spaces for collaboration, group, and individual study, the Innovation Forum, and a studio equipped for digital content creation. Another Miner Oasis is in the works, Miner Brew coffee shop will be opening soon, and there is also an outdoor terrace with a multitude of tables and seating, perfect as the weather is getting nicer.

With March 9 being mid semester, take the opportunity to visit the Innovation Lab to study for those mid term exams and get some extra work done. It is also good to note that this is where the Student Success Center is now located, so if you need help, this is where you will want to be. The Success Center is operating how it has in the past, it is just in a new location.

For more information, check out innovationlab.mst.edu or for specific information about the Student Success Center, check out studentsuccess.mst.edu.

CHEERS Program

Did you know that Missouri has the CHEERS program? This is a state-wide initiative aimed at increasing the number of designated drivers. This innovative program works with bars, restaurants, and nightclubs throughout the state to provide free non-alcoholic beverages to designated drivers in groups of two or more. It is Missouri's way of thanking those who take on the responsibility of ensuring that their friends and community members return home safely.

The CHEERS program is more than just giving away free drinks; it's a campaign that emphasizes the importance of making responsible decisions and recognizes the critical role designated drivers play in preventing alcohol-related accidents. By participating in CHEERS, establishments are taking a proactive approach to protecting their patrons' health and safety, contributing to the larger community effort to reduce drunk driving incidents.

As customers, we can help by supporting businesses that participate in the CHEERS program. By spending our time and money in establishments that prioritize safety and responsible drinking, we help to foster a culture of care and responsibility.

Next time you're out, remember to say "CHEERS" to the designated driver in your group, and let's all work together to make Missouri's roads safer for everyone.

To find a list of participating establishments, visit mopip.org/CHEERS.

FEATURED RESOURCES

AllTrails App

Make it a goal this month to get outside more using the AllTrails app. The app is free to use and allows users to find trails in their area.

You can filter the trails by activity (such as hiking, biking, or running), suitability (such as dog friendly, wheelchair friendly, suitable for kids, and terrain type), attractions (such as certain views, wildlife, and elevation change), as well as by distance and difficulty. Many of the trails featured will have pictures from previous users so you can see what you're getting into before going.

There are many trails in the Rolla area, but make sure to check out the trails near where you'll be for Spring Break!

While the app is free for anyone to use, you can consider premium paid access which allows extra features, such as downloading trail maps for offline use, alerts for moving off trail, and a safety feature that keeps friends and family informed of where you are.

Use AllTrails online at [alltrails.com](https://www.alltrails.com) or download the app in the App Store or Google Play Store.



Society of Women Engineers (SWE)

SWE is more than a group organization; it is a network of support, inspiration, and opportunities for S&T students in engineering. If you've ever considered taking on a leadership role and having a significant impact, now is your chance. Our weekly meetings, held every Thursday at 6 p.m. in CS121, are the first step toward involvement, and with elections coming up in April, your opportunity to lead is right around the corner.

Don't miss out on our upcoming events:

- 3/1: Join us for the Black Gems Pageant, a celebration of excellence and empowerment.
- 3/7: Gain invaluable insights at The Doe Run Company presentation during our General Body Meeting (GBM). It's a fantastic opportunity to learn and network.

Each event serves as a stepping stone toward greater involvement and leadership within SWE. By joining, you will not only advance your career but also contribute to a diverse and inclusive engineering community. Mark your calendars, and let us work together to create a brighter future! SWE is open to anyone interested.

Follow SWE on Instagram [@mst_swe](https://www.instagram.com/mst_swe) or find on MinerLink at minerlink.mst.edu/SWE/club_signup

FEATURED RESOURCES

On-Campus Alcohol Use Resources

From Student Well-Being

- ***Alcohol Skills Training Program (ASTP)***

- ASTP is a 90-minute program with the goal of teaching students ways to drink alcohol that minimizes risks to their health and safety. Students will learn the psychology and biology of alcohol use and develop skills on how to count and pour standard drinks, properly measure alcohol consumption, find their personalized “limits”, and discuss how to use risk reduction strategies. This training acknowledges that abstinence is the most risk- or harm-free outcome, but it also acknowledges that any steps toward reduced risk are steps in the right direction. The program focuses on strategies and skills for drinking in a less dangerous or less risky way for those who make the choice to drink.
- To request this program for your group, visit wellbeing.mst.edu/presentations

- ***Miners 4 Recovery***

- Miners 4 Recovery is a counseling group offered for any students interested in exploring their behaviors, reflecting on ideas for change, avoiding negative consequences related to drugs and alcohol, and wanting to experience the support of a safe group. This is not an abstinence-only group. This group is led by a counselor. Research has shown that group therapy is just as effective, if not more effective, than individual counseling, as it allows a space for connection, shared healing, and a chance to practice behaviors and actions within the safety and security of a group. Confidentiality in a group setting is often a worry and a deterrence from trying it out. Outside of the privacy standards that all participants agree to, in general most participants will honor your privacy and respect your healing journey. You are able to decide when and how you want to engage in a group- showing up and just listening is a perfect way to engage until you feel ready to participate. Honor your own pace!
- To learn more, visit wellbeing.mst.edu/appointments/groups

- ***BASICS (Brief Alcohol Screening and Intervention for College Students)***

- The goal of BASICS is to motivate students to reduce risky behaviors associated with alcohol consumption. BASICS will provide you with a structured opportunity to assess your own risk, identify potential changes that could work for you, and help you to reduce your risk for developing future problems. BASICS is not abstinence-only, is non-judgmental, and confidential.
- To learn more, visit wellbeing.mst.edu/appointments/wellness-consultations/basics

- ***College Behavior Profile (CBP)***

- The CBP is a quick and confidential way to get personalized feedback on your alcohol and marijuana/cannabis use. The CBP is provided by Missouri Partners in Prevention and was created with input from and designed by college students. When you are finished, you will immediately receive your feedback.
- To take the CBP, visit cbp.mst.edu

MINDFUL MOMENT

Finding Happiness in the Little Things for International Day of Happiness

Outside of St. Pat's, Spring Break, and other important dates, March also includes International Day of Happiness. Finding happiness in the small things is a wonderful practice for cultivating joy in our lives. Here are a few ways to seek out those small moments:

- **Practice Gratitude and Mindfulness:** Take a moment each day to appreciate everything in your life. Living in the moment is easier said than done, but paying attention to the present will allow you to savor the little things.
- **Focus on Connections:** Nurture those relationships with friends, family, and loved ones. Laughing, hugs, and meaningful conversations bring so much joy even if you do not see it at the moment.
- **Self-Care:** Do things that make you happy and relaxed, whether it's reading a good book, going for a long walk outside, or even taking a bubble bath.
- **Random Acts of Kindness:** Spread happiness by performing small acts of kindness for others, like giving compliments, holding the door open, or sending out thoughtful messages.

To help you feel inspired to find the little things that make you happy, Student Well-Being's staff writers have included below a few things that make them happy:

- **Abbey (Computer Science Major, Junior)**
 - Cheese: I love cheese so much. Having a burger, better with cheese. Having nachos, better with cheese. There is something about it that is so inviting and fun. I love making cheese platters with my friends or trying new cheeses from the grocery store. It is my special splurge.
 - Unexpected nice weather during the colder months: There is something about feeling the warmth of the sun on my face during the middle of January/February that makes me excited. I look forward to taking a walk around campus in the crisp air and not having to wear a heavy jacket, yet just being comfortable in a crewneck.
 - Seeing friends on campus, waving and smiling pass people you know: It brightens my day and everyone's day by stopping and talking with friends on campus. I consider it my pick me up before heading to class.
 - Sweet treats: There is always time for a sweet treat and they are always welcomed. Getting some caramel in my coffee, or getting a small ice cream from Sonic after a long day on campus always makes me happy.
- **Deb (Computer Science Major, Junior)**
 - Fresh sheets after an everything shower: It just brings me a lot of joy to get in my bed after taking an everything shower and my sheets being clean. Also, wearing a comfy set of pj's is the cherry on top for a cozy night, IMO.
 - Brand new 0.5 gel pen that writes just so good.
 - A not too busy bike trail and the perfect weather day to just bike around and listen to music.

MINDFUL MOMENT

Finding Happiness in the Little Things for International Day of Happiness (continued)

Laura (Health Communications Specialist)

- Geese, ducks, or other birds all in a group together - I am obsessed with geese and ducks in particular, and love seeing a group of them swimming or eating together. So cute!
- A friend telling you they loved a book you recommended - As a big reader, this is the highest form of praise! I also love getting book recommendations from others.
- Making and eating box-mix brownies - my favorite is the Ghirardelli dark chocolate mix with chocolate chips, yum! You can get this brand in Walmart and most grocery stores.
- Drinking water out of my (current) favorite glass - it makes drinking water more fun and ensures I stay hydrated :)
- Eating leftover takeout Chinese food - especially lo mein!
- Sitting in the sun or finding a sun spot indoors - this is especially rewarding after a long winter.

We hope our little happinesses have inspired you to take note of what the little things are for you that add up to help to keep you going on the tougher days.

If you feel as though the tough days are getting tougher and it's harder to find those small happy moments, don't hesitate to reach out to Student Well-Being. We are here to support you!

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](mailto:Laura.Woods-Buchanan@mst.edu). 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

All Month: Women's History Month
 March 4-8: STEP UP! for a Safer St. Pat's (more on the next page!)
 March 8: International Women's Day
 March 10: Daylight Savings Begins
 March 14 - 17: Spring Recess
 March 17: St. Pat's Day
 March 25 - 31: Spring Break

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

UPCOMING DATES

STEP UP! for a Safer St. Pat's

March 4th - 8th, 2024



Monday, March 4

STEP UP! for a Safer St. Pat's with the PoPo

- 11am - 1pm, The Puck
- Learn about the importance of the designated driver and safe driving during St. Pats and get a free cookie

Tuesday, March 5

CHEERS Street Outreach

- 11am - 1pm, Near the Snake Pits
- Learn about the CHEERS program, where restaurants and bars provide free non-alcoholic drinks to the designated sober driver

Wednesday, March 6

STEP UP! for a Safer St. Pat's Snake Pit

- 10am - 2pm, The Puck
- Learn safer drinking tips and paint a wooden snake



Thursday, March 7

STEP UP! for a Safer St. Pat's Pledge Booth

- 11:30am - 3:30pm, Havener Lawn
- Learn about safer drinking and safer partying habits, sign a Safer St. Pat's pledge, with free snacks and a raffle to win a Bluetooth Speaker (worth \$70!)
- First 200 participants will receive a St. Pat's water bottle

Learn More: wellbeing@mst.edu, 573.341.4211

***For inclement weather, events will be moved inside Havener**

