

# WELLNESS CONNECTION

*Your health, your well-being, our priority!*



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### THIS MONTH'S EVENTS

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## LETTER FROM MAK

Hello Miners,

Summer is here! We hope that this semester has gone the way you were wanting and that preparation for finals week has not been too overwhelming.

In this edition, we are focusing on making this summer fun with an emphasis on taking time for hobbies. We have included sun and travel safety tips to make sure you are getting the most out of your vacation, whether it be by car, domestic, or abroad.

If you find that you want or need mental health and well-being support, we have featured both on-campus and online resources available to you.

We hope you make time this summer to relax and practice self care, even if you will be busy with school, work, or other commitments. We look forward to sending you the next newsletter edition in August.

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

# DATA BRIEF

## How S&T Students Relieve Stress and Related Hobbies to Try Out

*From Student Well-Being*

We all experience stress, whether it be academic, personal, from other causes, or a mix of many stressors. Not surprisingly, there are a few stress relief methods that many S&T students use. During this summer break, we encourage you to find new ways, or build upon old ways, of relieving stress, based on what works for you now.

*IF YOU:*

*THEN TRY:*

***Make a list of what you need to do***

- 52% of S&T students do this\*



***Other types of writing-based stress relievers***

- Journaling
- Letter writing
- Bullet/creative journaling

***Focus on physical health***

- 55% of S&T students do this\*



***Other types of physical stress relievers***

- New sport or physical activity
- Workout class
- Baking or cooking (focus on nutrition/eating healthy)
- Hiking or backpacking

***Talk with friends and family***

- 61% of S&T students do this\*

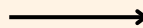


***Other types of relational/emotional stress relievers***

- New in-person or distance activities (physical or online board games, book club, etc)
- Video chatting or video messages instead of just calling/audio use
- Making friends related to a hobby (such as using Meetup, going to events, etc)

***Listen to music or watch tv***

- 77% of S&T students do this\*



***Other types of auditory/visual stress relievers***

- Mental health related podcasts or audiobooks
- Guided meditations
- Outdoor visual activities (bird/animal watching, plant identification, etc)

2022 Missouri Assessment of College Health Behaviors\*

# BOOST YOUR WELL-BEING

## Sun and Travel Safety

*From Student Well-Being and Student Health Services*

This summer, make sure you are protected and being safe while you are having fun and making memories. Prioritizing sun and travel safety is a simple and no-cost way to prevent future issues or concerns. Check out our sun safety and travel safety tips below for wherever you may find yourself this summer break.

### SUN SAFETY TIPS:

- Make sure to pack and wear sunscreen any time you have outdoor plans and/or plan on being in the sun for an extended period of time.
- Consider putting on sunscreen (or moisturizer with sunscreen) every morning as part of a skincare routine- this will ensure consistent protection.
- Reapply sunscreen over all visible skin every 1-2 hours, or after swimming/getting wet.
- Seek shade when you are outdoors for an extended period of time and ensure you have ways to keep cool.
- Make sure to drink plenty of water.
- Wear sun-protective clothing such as long sleeves, hats, sunglasses, etc.
- Know the signs of heat exhaustion:
  - Dizziness
  - Thirst
  - Heavy sweating
  - Nausea
  - Weakness
  - What to do: move to a cooler area, loosen clothing, sip cool water, and seek medical attention if symptoms don't improve
- Know the signs of heat stroke:
  - Dizziness
  - Confusion
  - Loss of consciousness
  - What to do: act quickly and call 911, move to a cooler area, loosen clothing and remove extra layers, cool body with water or ice

### TRAVEL SAFETY TIPS:

- Car Travel
  - Always make sure all passengers are wearing seatbelts
  - Always have a sober designated driver (or use ride share apps) when drinking or using other substances
  - Make sure to have phone chargers or other device chargers in your car
  - Use directions when in unfamiliar places
  - Never leave pets in a car unattended in the sun and summer heat
  - Avoid leaving anything valuable in your car and make sure to lock car doors immediately upon exiting the car
  - Have extra snacks and water in the car
- Plane/Destination Travel
  - When in an unfamiliar area, avoid looking at your phone or appearing "obviously" lost
  - Tell others (not with you) where you will be and/or consider sharing your location
  - Avoid being in unfamiliar or unsafe areas alone and/or intoxicated
  - Have print and digital copies of personal identification, passport, and medical insurance (especially if abroad)
  - Consider packing money/cards in multiple spots on your person (such as in your wallet, in a separate backpack, etc) in case of theft
  - If visiting a country where you don't speak the language, make sure to have a quick method of translation (such as an app), learn a few key phrases, and memorize certain phone numbers (such as for emergency services in the area, phone number of where you are staying, etc)

Overall, it is important to travel smart and safely so you can enjoy your time and get the most out of your trip. For medical and health related travel tips, contact Student Health Services at [mstshs@mst.edu](mailto:mstshs@mst.edu) or 573.341.4284.

# FEATURED RESOURCES

## Campus Resources Available Over Summer Break

Whether or not you will be on campus this summer, there are resources and services available to you to support your mental health and well-being.

For students that are on campus and enrolled in classes, all in-person services such as [wellness consultations](#), [individual counseling](#), [healthcare](#), [accessibility services](#), [student support](#), and [the testing center](#) are open and available.

For any students that need support, on or off campus, there are many online resources that are available to you 24/7, such as:

- The [Health and Well-Being Resource Directory](#)
- [Urgent and crisis resources](#)
- [Self-assessments and screenings for mental health and behavioral concerns](#)
- [Mental health and wellness book recommendations](#)
- [Morning Cup of Joe podcast](#)
- and more!

To learn more about what is available or for any questions or concerns, contact Student Well-Being at [wellbeing@mst.edu](mailto:wellbeing@mst.edu) or 573.341.4211.



## Best Free Apps for Summer Hobbies

### **AllTrails - [alltrails.com](https://alltrails.com) or in app/play store**

- AllTrails helps you find hiking trails near you based on what you're looking for out of a hike (length, difficulty, popularity, things to see, etc). You can also download trail maps (with premium version) and see others' reviews of the trails. Use online or as an app.

### **Star Walk 2 - find in app/play store**

- Star Walk allows you to identify stars, constellations, planets, satellites, asteroids, comets, and more in the night sky. There is a free version of the app with ads or a paid version (\$2.99 one time cost) without ads.

### **Merlin Bird ID - find in app/play store**

- Merlin Bird ID is an app for bird enthusiasts or birding beginners. You can use the app to help identify birds based on appearance, noise, or from a picture, and you can keep track of all the birds you find.

# MINDFUL MOMENT

## The Summer's Most Anticipated Books

From Goodreads and Student Well-Being Staff



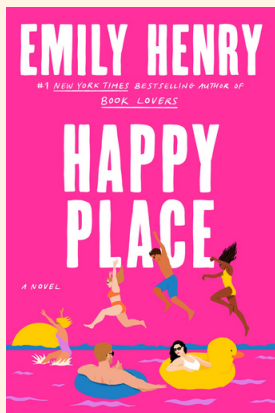
*Immortal Longings - Chloe Gong (fantasy, retelling, romance)*



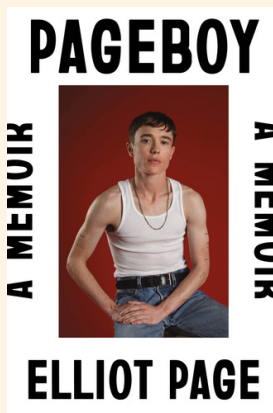
*The Celebrants - Steven Rowley (contemporary, LGBTQ+)*



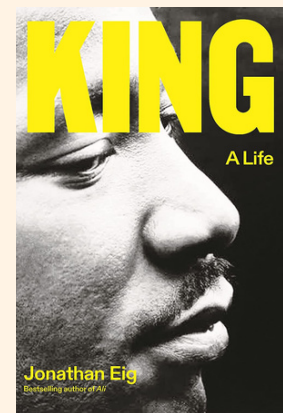
*The Ferryman - Justin Cronin (science fiction, dystopia)*



*Happy Place - Emily Henry (contemporary romance)*



*Pageboy - Elliot Page (memoir)*



*King: A Life - Jonathan Eig (biography, history)*



*Yellowface - R.F. Kuang (mystery, thriller)*



*The Only One Left - Riley Sager (mystery, thriller, gothic)*



*To Shape a Dragon's Breath - Monique Blackgoose (young adult, fantasy)*

# MINDFUL MOMENT (CONTINUED)

## Tin Can Candle Craft

*From Student Well-Being Staff*

**Supplies:**

- Empty and clean tin cans
- Paint and paint brush (or other desired decorations for outside of can)
- Tealight candles


**Steps:**


- Remove any labels and sticky residue from the outside of the tin cans.
- Paint the outside of the can and/or decorate with any other desired supplies (such as pom poms, glitter, etc).
- Add one tealight candle into each can and light using a long lighter to avoid burning hands. Consider getting a citronella tealight candle for outdoor use.





*Image from HGTV*


### GET IN TOUCH

 [wellbeing@mst.edu](mailto:wellbeing@mst.edu)

 [\(573\).341.4211](tel:(573).341.4211)

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

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

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

### UPCOMING DATES

**May 5:** Last day of classes

**May 8:** Finals week begins

**May 12-13:** Commencement ceremonies

**June 5:** Summer courses begin

**June 19:** Juneteenth - university closed

**July 4:** Independence Day - university closed

**August 21:** Fall semester classes begin

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](mailto: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.