

WELLNESS CONNECTION

Your health, your well-being, our priority!



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THIS MONTH'S EVENTS

LETTER FROM MAK

Hey Miners,

Wow, we made it to finals and (most importantly) summer break!

We are here with our final edition of the spring semester, our 36th edition.

This edition is all about helping you have the best summer yet. We are hoping to help you with future plans with some tips, resources, and ideas to set you up for success. We have book, movie, and show recommendations, as well as fun summer drink recipes, to help you unwind. And of course, we have featured some online national mental health and well-being resources to make sure you are feeling safe and supported.

Did you know that even if you are off campus, you can still access Student Well-Being resources this summer? Reach out to us via [email](#) or [phone](#) and we can help you get set up and find ways to help you virtually.

We hope you have a relaxing summer, and we look forward to sending you our next newsletter in August!

With warm regards,

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

BOOST YOUR WELL-BEING

Using the Summer to Set Yourself Up for Success

From Student Well-Being

As much as summer is a time to relax and unwind, it also serves as a good time to do anything that might have been hard to do during the semester. It is a great opportunity to explore new skills, network, and reassess career/personal goals in a less stressful environment. Here's some tips on how you can make the most of each of the summer:

- **Creating a Budget/Saving Plan:** Preparing a budget for the next semester is important to understand where your money goes. This is also a good opportunity to track how much you might make with a summer job/internship. Create a budget that helps you meet your long-term and short-term goals. Make sub-categories (such as groceries, transportation, and leisure) of anything that is important to you. Include a savings category so you are consistently setting money aside. Make sure to regularly check your progress and adjust your budget as necessary to stay on track.
- **Taking Short Online Courses or Certifications:** This is a good time to pinpoint skills that could boost your resume or expand your career opportunities. This could include coding, project management, digital marketing, anything that you want to advance your skills in. Platforms like LinkedIn Learning, Coursera, and Udemy are sites that provide short, online courses. Summer will allow you to set a realistic completion timeline.
- **Job Shadowing:** This is a great time to identify companies or professionals in fields that you are interested in. Try reaching out to express your interest in potentially shadowing for a day or short period of time. Share how you admire their company/career path. This is a chance to see if a particular career is right for you. If you have a summer internship or co-op, this is also a great opportunity to figure out what you are passionate about.
- **Volunteering:** Volunteering is not only fulfilling, but also a great way to meet new people and expand your network. Make time for a cause you are passionate about. This could be anything from animal welfare, environmental conservation, or giving back locally. Volunteering also gives you the time to leverage your existing skills and develop new ones.
- **Reading:** Summer is a great time to catch up on reading, whether it's industry-specific books or something you just enjoy. Try setting a reading challenge for yourself, such as a book a week or exploring a new genre each month. It is a good way to keep your brain active with a lower time commitment. *If you're looking for some reading recommendations, check out our Mindful Moment article below for some of our suggestions!*
- **Resume Editing:** Update your resume with any new skills, experiences, or any recent projects or roles you have had. It is better to update it as you go, instead of remembering everything when you need to make one. Starting in the summer will allow you to have time for others to review your resume for feedback before the Career Fair.
- **Working On Side Projects:** Have a coding project you've been wanting to take a crack at? How about writing some poetry that you wanted to write during the school year? Summer is a great time to engage in projects that align with your personal interests or long-term career goals. This is another opportunity to enhance your resume and practice new skills.

Some other general tips include staying organized, staying flexible, and enjoying the process. By focusing on these areas, you can make personal and professional gains over the summer, setting yourself up for success in the upcoming semester and beyond. While it's great to be productive, ensure you also take time to relax and enjoy summer too.

FEATURED RESOURCES

Online Mental Health Resources

Summers are typically a big time for change for many of us. We are gearing up to be home, away from campus, potentially going somewhere new, might be alone, and figuring out our next steps. With all that change in mind, we would like to highlight some national resources that you can utilize to help support your mental health and well-being.

- **988**- “988” is used for the National Suicide Prevention Lifeline. It provides 24/7, free, immediate, and confidential support to people in a suicidal crisis or emotional distress. Call or text 988 to access it.
- **Trevor Project**- The Trevor Project provides crisis intervention and suicide prevention services to LGBTQ youth. Their website offers 24/7 support tools including a confidential phone lifeline (1-866-488-7386), text (678-678), and chat services staffed by trained counselors. It aims to offer immediate help to those in need and significantly reduce feelings of isolation and despair by connecting them with empathetic support. To utilize the Trevor Project, visit thetrevorproject.org.
- **Better Help**- Better Help is an online therapy platform that connects users with licensed therapists for virtual sessions via text, phone or video. It does require a subscription fee, but it is convenient for getting professional help from home. To look into Better Help, visit betterhelp.com
- **RAINN (Rape, Abuse, & Incest National Network)**- RAINN offers support for individuals affected by sexual assault. The National Sexual Assault Hotline can be reached at 1-800-656-HOPE(4673) or online chat through their website, rainn.org.
- **211**- 211 is a comprehensive source for local community resources, including food, shelter, health services, and more. You can simply dial 211 or visit their website (211.org) to find help nearby.

BodyU Program

Struggling with body image? Body U is an initiative funded by the Missouri Eating Disorders Council based on over 30 years of research at Washington University School of Medicine in St. Louis and Stanford University. It allows for users to complete a quick and confidential survey and access to a free online program tailored to your specific needs and concerns.

BodyU can help you learn new skills to thrive, cultivate a healthier relationship with your body, and manage anxiety and depression.

This program is offered to all adult Missourians at no-cost.

Learn more and access the program at bodyu.org. Additionally, you can find the BodyU Program on [Instagram](#) and [Facebook](#).

The logo for BodyU features the words "BODY U" in a large, bold, sans-serif font. The letters are filled with a vertical gradient that transitions from a light yellow at the bottom to a soft pink at the top. Each letter has a thin black outline, and the letters are spaced out evenly.

FEATURED RESOURCES

Top Resources for a Fulfilling Summer

With the arrival of summer break, there's no better time to concentrate on self-improvement and personal well-being. Whether it's advancing your career skills or taking time to unwind, we have compiled a selection of resources to ensure you have a rewarding summer.

1. Online Learning Platforms for Skill Enhancement

- [Coursera](#): A treasure trove of knowledge offering everything from personal enrichment to professional courses.
- [Udemy](#): A platform teeming with a variety of courses to explore new interests or deepen professional expertise.
- [LinkedIn Learning](#): A great tool for those looking to bolster their job skills, complete with LinkedIn profile integration.

2. Resume Editing Tools to Keep Your Profile Updated

- [Canva](#): Has a range of resume templates that are visually striking and user-friendly.
- [Zety](#): This resume builder provides advice and templates to make resume creation straightforward.
- [Enhancv](#): Helps you craft a resume that showcases your qualifications and your personality.

3. Wellness Apps and Resources for Mental and Physical Health

- [Headspace](#): A meditation app that's also expanded to a series on Netflix called "Headspace Guide to Meditation," which offers an animated, friendly introduction to meditation and its benefits.
- [MyFitnessPal](#): A comprehensive app for tracking your eating habits and exercise
- [Calm](#): This app is all about creating peace of mind through meditation, sleep stories, and more.
- [Mindful.org](#): An extensive resource for those interested in mindfulness and meditation, offering articles, courses, and training on a wide range of related topics.

4. Resources to Discover New Hobbies or Interests

- [Skillshare](#): Offers a vast range of classes for those looking to explore creative pursuits from home.
- [MasterClass](#): High-quality lessons from industry leaders offer insights into a wide range of topics.

5. Networking Platforms for Building Connections

- [Meetup](#): Helps you find and join groups with shared interests, a perfect way to make new friends or professional contacts.
- [Eventbrite](#): Lists a variety of events that can help expand your network and introduce you to new concepts and ideas.

This summer, tap into these resources to balance professional development with mental and physical well-being. They're designed to enrich your life in various ways, ensuring that you're not only prepared for the upcoming academic year but also cultivating a lifestyle that promotes overall health and happiness. Enjoy a summer that nurtures both your career aspirations and your personal growth.

MINDFUL MOMENT

Refreshing Summer Drink Recipes

Looking for a refreshing drink this summer? Here are 3 fun recipes to stay hydrated and to make it fun besides just drinking water or lemonade.

- **Dharmarita**- you will need one cup of fresh strawberries, 2 drops of lime juice, and then 6-8 ice cubes. It is as easy as just cutting off the tops of the strawberries, and adding everything into a blender. Then you will fill the rest with water (or seltzer/sparkling water) to the max line of your blender and blend up until smooth!



- **Blackberry Lemon Spritzer**- You will need 2 cups of lemonade, 2 cups of lemon soda, a cup of frozen blackberries, ice, and then some blackberries and lemon slices for garnish. All you have to do is put the lemonade and soda into a pitcher, and add the blackberries, smashing them a little bit. Then let it chill until it is ready to be served.



- **Watermelon (Non-Alcoholic) Mojito**- You will need 3-4 cups of seedless watermelon cut up, 1 lime or 2 tablespoons of real lime juice, then some sprigs of fresh mint. You will place the watermelon into a blender and puree it, Then add the mint and all of the lime juice into the blender, and puree it again. Next, strain the mixture through something thin enough to keep the chunks out but get the juice. This is optional, but you can also transfer the mixture into a soda stream bottle and carbonate it! Soda streamer or not, it is ready to serve.



MINDFUL MOMENT

Staff Picks for Media to Consume this Summer

One way to relax that we all know and love is the consumption of media. If you're looking for a book to read, a movie to watch, or a show to binge, we've got you covered! Check out our recommendations below (from the newsletter writing staff)!

BOOKS:

- **Laura (Health Communications Specialist):** I couldn't narrow it down to just one...
 - *The Beartown Series by Fredrik Backman*- I loved this trilogy! I found it to be very well written with a strong sense of place and well developed characters, as well as timely for 2024.
 - *The Girl Who Fell Beneath the Sea by Axie Oh*- This is a wonderful retelling of a Korean folk story. It's a beautiful novel with a vibrant spirit world and tender connections between characters. And gives off major Spirited Away vibes if you enjoy that movie!
 - *Anything by Emily St. John Mandel*- Mandel's typical genre leans into science fiction and is known for its weaving narratives and timelines. But don't let that deter you if you are not a sci-fi fan! Her books are more about the characters and telling a story.
- **Deb (Health Communications Assistant):**
 - *A Little Life by Hanya Yanagihara*- The curiosity for me began when I noticed it trending on BookTok, and then during a team meeting, Miss Girl Boss Laura said that she had read it, making me even more intrigued in the book! The only thing I know is that it is a tearjerker about friendship, and I am excited to read it and learn more about the plot.
- **Abbey (Health Communications Assistant):**
 - *People We Meet on Vacation by Emily Henry*- I read this in one week on the beach last summer. Highly recommended for people trying to get back into reading. I am not a huge reader, but I was invested in Poppy and Alex's relationship. Even though it was semi-predictable, it kept me engaged. All I have to say is- why does everything bad happen in Italy?

MOVIES:

- **Laura:**
 - *Anything Studio Ghibli*- I love Ponyo, My Neighbor Totoro, and Howl's Moving Castle the most!
- **Deb:**
 - *Furiosa: A Mad Max Saga*- I adored Tom Hardy's first film and have been wanting more ever since. This movie stars Anya Taylor-Joy and looks fantastic! I can't wait for it, and I hope it's as fantastic as the Tom Hardy film.
- **Abbey:**
 - *Challengers*- Have I seen it? No. Have I seen the trailers? Yes. And I think this is going to be one of the bigger movies this summer. I will be watching it as soon as I have time to get a large bucket of popcorn and a coca cola slush. Heard it is the best performance of Zendaya's career so far, and the guy from Newsies is in it so what more can you ask for? Love triangle + sports = a movie I will probably be obsessed with for a long time.

MINDFUL MOMENT

Staff Picks for Media to Consume this Summer (Continued)

SHOWS:

- **Laura:**
 - *Survivor*- My current obsession! I started watching from the beginning last year and am on season 26. My favorite/most memorable seasons so far are season 7 (Pearl Islands), season 10 (Palau), season 16 (Micronesia, has returning players), and season 19 (Samoa).
- **Deb:**
 - *Bridgerton* - AHH I got into Bridgerton after watching Queen Charlotte and I was obsessed! After watching the first two Bridgerton seasons I was hooked; Miss Shonda Rhimes really pops off with the shows. It feels like Gossip Girl but the 1800s! The classical music adaptations and the gowns are what I like the most. I can't wait for the new season but it sucks that they split it into two parts, hopefully it's worth it!
- **Abbey:** I have two recommendations:
 - *Bob's Burgers*- Totally something light-hearted to watch. It follows a family of 5 running their hamburger restaurant and all the adventures and friends they come across in the city. Tina is my favorite and yes, it is a cartoon.
 - *Any Reality TV*- Turn on Bravo and get absorbed in a season of Below Deck, Housewives, or Vanderpump Rules. I am a sucker for some reality tv and just all the dramatics and hurdles they jump through in their lives is a good way to just relax, and enjoy something totally random for summer.

Plan on checking out a recommendation? Let us know by emailing [Laura](mailto:laura@mst.edu) so we can enjoy together!

GET IN TOUCH



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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@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

May 6: Beginning of Finals Week
 May 10: PhD Commencement
 May 11: Graduate and Undergraduate Commencement
 May 18: Final Grades Available via Joe'SS
 June 2: Summer Classes Begin
 June 19: Juneteenth (University Closed)
 July 4: Independence Day (University Closed)
 August 13: Opening Week Begins
 August 19: Fall 2024 Semester Begins

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!

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Abigail Krimmel - Student Employee

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