

WELLNESS CONNECTION

Your health, your well-being, our priority!



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THIS MONTH'S EVENTS: Mental Well-Being Awareness Week

LETTER FROM MAK

Hello Miners,

We hope you are staying warm out there! With low temps and fewer hours of sun, it's more important than ever to protect your mental health and well-being. In this newsletter we are providing you with information and tips on ways you can focus on your mental health and getting back into the swing of the semester.

We have big plans for February with the upcoming [Mental Well-Being Awareness Week](#), a week-long series of events, activities, trainings, and more to help you take time for self-care, support your well-being, and learn how to support others as well. We can't wait to see you there!

Finally, this month we are launching a new campaign: [Ask Mak](#). You can anonymously submit any question you want, and a Student Well-Being staff member will answer it. Check out two of our most recent submissions on page 7.

We hope you have a wonderful February, and we look forward to sending you our next edition in March.

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

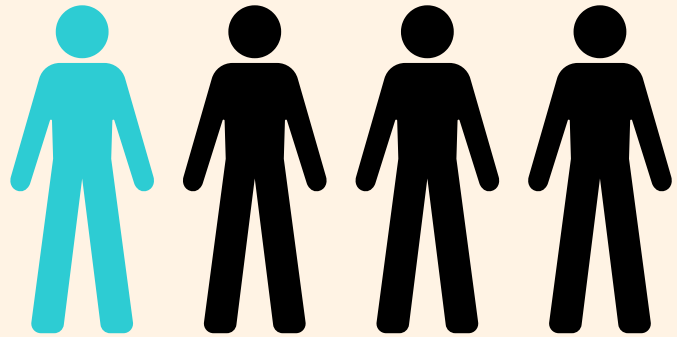
DATA BRIEF

Non-Apparent Disabilities and Accommodations

From Student Accessibility and Testing

Non-apparent disabilities, also known as invisible or hidden disabilities, may be physical, mental, or neurological. They are not visible when you look at someone, but they may limit or challenge that person's movement, activities, or senses. Being non-apparent does not make these disabilities or the ways they are experienced less real or less significant.

Millions of people are affected by non-apparent disabilities. Of the students with disabilities who work with Student Accessibility and Testing for accommodations, 94% have disabilities that would be considered non-apparent.



Did you know: 1/4 of S&T students report having some sort of disability.* This includes learning disabilities, ADD/ADHD, physical disabilities, deafness, blindness, mental health disabilities, mobility disabilities, neurological disabilities, and more.

Things to keep in mind about non-apparent disabilities:

- People with non-apparent disabilities are not “faking it.” Many people have non-apparent disabilities that greatly affect their lives each day. You generally can't tell what they're experiencing by looking at them. Non-apparent disabilities vary greatly in nature and type so the ways they are experienced will vary. Severe chronic pain, low energy level, difficulty with focus and motivation, struggle to think clearly, or balance issues are just a few examples of the ways daily life may be impacted by a non-apparent disability.
- People with disabilities may have “good days” and “bad days.” They may have flare-ups making some days harder than others. If they have an upcoming project, they may have to carefully plan so that “bad days” won't prevent them from completing the project on time. Before making plans with friends, they may have to consider how their energy or pain level might be affected for the rest of the week. They may find they have to cancel at the last minute because of a flare-up.
- Deciding whether to disclose a disability can be complicated. Many people struggle with this decision. If someone discloses to you, reply without judgment saying something like, “Thanks for telling me. Is there anything you need me to change?” This could be something like changing a meeting time, offering to meet online, being aware of light or noise sensitivities, or being flexible if plans must be changed.

For more information, support, or questions, reach out to [**Student Accessibility and Testing**](#).

**2022 Missouri Assessment of College Health Behaviors*

BOOST YOUR WELL-BEING

Setting Boundaries

From Student Well-Being

With the semester back into full swing, it's important to set boundaries so that you can better manage your mental health and well-being amongst many other responsibilities. You may have heard of setting boundaries before, but what does that look like? And what type of boundaries should you set? Knowing when and how to set up healthy boundaries can be tricky, but we have some tips for you below to try out. First, let's define different boundaries!

Physical: protect your personal space and body; this could include how/when others can be in your living space or physical touch you aren't comfortable with.

EXAMPLE: not allowing others to give you hugs

Emotional: protect your thoughts and feelings; this could include having boundaries for how someone speaks to you or the types of emotions others come to you with.

EXAMPLE: not allowing others to yell at you

Verbal: protect what you discuss; this could include the topics you are uncomfortable discussing with others or the topics you share with others.

EXAMPLE: not discussing religion or politics

Time: protect how you spend your time; this could include how late others are able to come into your living area or how long you spend doing certain tasks/activities.

EXAMPLE: not allowing others in your dorm after 9pm

Work/Academics/Extracurriculars: protect your limits in the workspace and in the classroom; this could include not taking on too many tasks at once or not doing tasks you are uncomfortable with.

EXAMPLE: declining to add more hours at your job because it would interfere with your study time.

So now we know what the types of boundaries are—how do we implement them? Check out our tips.

Know Your Boundaries and Limits: It is important to know what your boundaries and limits are before you get into a situation. Building and adjusting your limits overtime is fine too!

Be Clear, Firm, and Consistent: When you set boundaries with others, ensure they are aware of what the boundaries are. Be clear about your expectations, firm but kind when enforcing, and make sure you are consistent with enforcing over time. This will increase the likelihood the boundaries are respected by others. If others are not respecting the boundary you have set, make sure you let them know the consequence of breaking the boundary and keep to your word about enforcing it.

Protect Your Mental Health: Maybe you only have a few boundaries, or maybe you have a lot. That's okay! Just make sure you are protecting your own mental health. Remember, you can't fill someone else's cup if yours is empty. Practice mindfulness, check in with your emotions after draining interactions, and allow plenty of time each day for stress relief.

FEATURED RESOURCES

This semester, the Student Well-Being department is working on several important initiatives that will have a positive impact on the health and well-being of students here at S&T, and we need your participation. Your voice matters. Your well-being matters. You matter.

Healthy Minds Study

On January 30, every enrolled student received an email invitation to their university email to participate in The Healthy Minds Study.

The purpose of this study is to better understand student health and well-being, sources of support, and other mental and emotional health topics.

It takes about 25 minutes to complete, and all participation in the survey is anonymous. Once completed, you will be entered to win one of six \$50 gift cards to the S&T Store.



Missouri Assessment of College Health Behaviors (MACHB)

On February 20, a random selection of students will receive an email invitation to participate in the Missouri Assessment of College Health Behaviors (MACHB).

This annual survey gathers information on student health-related behaviors and perceptions. The results are used to guide campus-wide well-being initiatives. This year, for the first time ever, graduate students will also receive the survey.

It will take 15-25 minutes to complete, and all participation in the survey is anonymous. Once completed, you will be entered to win one of six \$50 gift cards to the S&T Store.

The voice of each student is vital—we encourage you to complete the survey(s) you receive.

For any questions, reach out to Student Well-Being at wellbeing@mst.edu or by calling [573.341.4211](tel:573.341.4211).

FEATURED RESOURCES

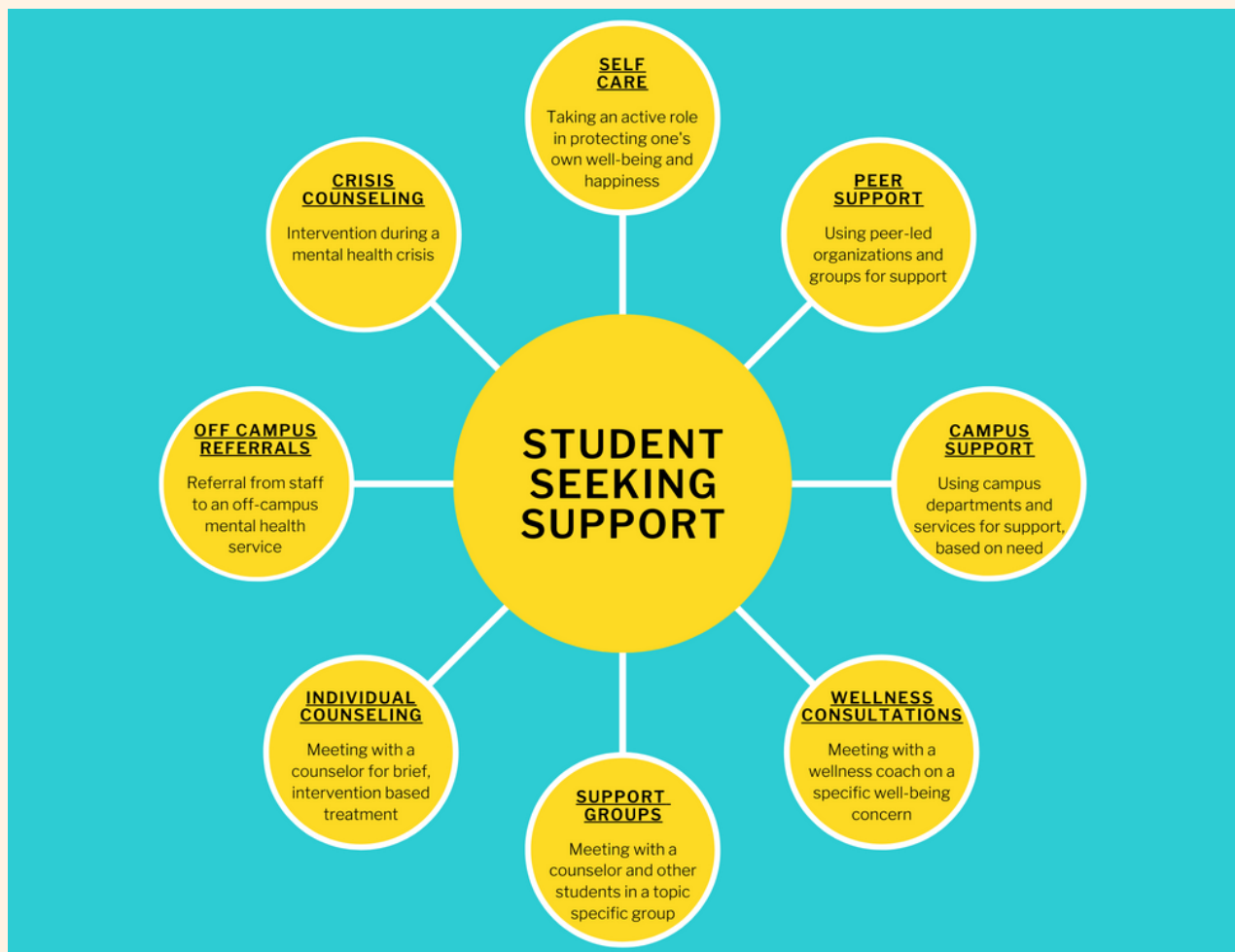
Student Well-Being Personalized Care Model

From Student Well-Being

The Student Well-Being Personalized Care Model helps students determine what support resources and services are available to them based on their mental health and well-being needs.

This model can be used on your own by visiting wellbeing.mst.edu/care-model. If you'd like assistance in determining what resources and services would support you best, schedule a screening with a Student Well-Being staff member at mst.studenthealthportal.com, by calling [573.341.4211](tel:573.341.4211), or visiting 204 Norwood Hall.

In a screening, a staff member will ask questions to determine individual needs and help find an appropriate next step, whether that be self care resources, individual or group counseling, off campus referral, or one of the other resource types listed in the model.



MINDFUL MOMENT

Time Management Tips

From [Dartmouth Academic Skills Center](#)

1. Keep everything in perspective. You're smart—and there are many tools and strategies for making the most of what you have.
2. Define long-term and short-term goals and build your schedule around them.
3. Examine and revise your lifetime goals on a monthly basis and be sure to include progress towards those goals on a daily basis.
4. Have confidence in yourself and in your judgement of priorities and stick to them no matter what.
5. Push yourself and be persistent, especially when you know you are doing well.
6. Don't regret your failures and instead try to learn from your mistakes.
7. Remind yourself, "There is always enough time for the important things." If it is important, you should be making time to do it.
8. Try to use waiting time to review notes or do practice problems.
9. Learn and practice specific reading strategies. They will help you comprehend, study and remember better.
10. Keep paper or a calendar with you to jot down the things you have to do or notes to yourself.
11. Put up reminders in your home or office about your goals.
12. Maintain and develop a list of specific things to be done each day, set your priorities and get the most important ones done as soon in the day as you can. Evaluate your progress at the end of the day briefly.
13. Look ahead in your month and try and anticipate what is going to happen so you can better schedule your time.
14. Be sure and set deadlines for yourself whenever possible.
15. Try rewarding yourself when you get things done as you had planned, especially the important ones.
16. When you catch yourself procrastinating—ask yourself, "What am I avoiding?"
17. Start with the most difficult parts of projects, then either the worst is done or you may find you don't have to do all the other small tasks.
18. Catch yourself when you are involved in unproductive projects and stop as soon as you can.
19. Concentrate on one thing at a time.
20. Ask for advice when needed.



ASK MAK

Anonymous Questions Asked By S&T Students

From Student Well-Being staff

Question: *How do I remove condoms effectively?*

Answer: After sex but before pulling out of your sexual partner, hold the condom at the base to ensure it doesn't come off too early. Then pull out, while holding the condom in place. Making sure a condom stays on appropriately during sexual intercourse is hugely based on getting a proper fit. Most condom packaging has a sizing guide you can use that typically base sizing on penis length and girth. Otherwise, buy different sizes of condoms to test the correct sizing by finding a size that is not too loose or tight and not too short or long.

Want to ask your own question? Submit anonymously [here](#). You can find previously answered questions on the [Student Well-Being website](#).

Question: *With the new law change, can I smoke weed on campus now?*

Answer: Due to federal regulations, any use, possession, distribution, or manufacture of marijuana **remains prohibited on campus** or at any university-sponsored or university-supervised event. Off campus, the state laws are similar to that of alcohol: it is legal for anyone older than 21 to buy, possess, and use marijuana. As in other states, there are limitations to marijuana use under the new law. It's not allowed in public or while someone is driving, and consumers must be 21 or older.

GET IN TOUCH



wellbeing@mst.edu



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



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



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UPCOMING DATES

January 30 - February 11: Healthy Minds Study open

February 13 - 17: Mental Well-Being Awareness Week (more on next page!)

February 20 - March 3: Missouri Assessment of College Health Behaviors open

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.

MENTAL WELL-BEING AWARENESS WEEK

Spring Into Well-Being!



- 2/13** - Wellness Resource Fair: 11am-2pm, Havener Atrium
- Workshop - Finding Purpose: 2-3pm, Havener Carver Turner
- Speaker: Abraham Sculley: 6-7pm, St. Pat's A & B (with waffles!)

- 2/14** - Launch of Staff Champions Initiative: 8:30-10:30am, 208 Norwood
- Pop the Stigma & Hydration Station: 11am-2pm, Library
- Live Yoga Session: 4:30-5:30pm, Aerobics Room, Rec Center
- Build Your Own Thriving Kit: 6-8pm, Havener Missouri Ozark



- 2/15** - Craft Station: 11am-1pm, Havener Atrium
- Creative Arts Workshop: 3-5pm, Havener Carver Turner
- Well-Being Ambassador Training: 6-8pm, G3 Schrenk (dinner provided!)

- 2/16** - Mental Health Screening: 11am-1pm, Havener Atrium (free tshirt!)
- Mining for Success- Vision Board Making: 11am-3pm, 198 Toomey
- Trivia & Game Night: 6-8pm, Havener Carver Turner

- 2/17** - Dog Days: 10am-2pm, Havener Lawn
- Family Night: 6-8pm, 121 BCH (dinner provided!)

LEARN MORE:

wellbeing.mst.edu/mwbaw23

