

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.

Spring break offers a great opportunity for you to relax, recharge, and prepare to complete the rest of the semester- we have ways you can make the most of your time off and a few apps and screenings to ensure your mental health is taken care of.

For those of you that are already feeling the St. Pat's spirit, we have you covered as well! Check out our safer drinking tips (if you choose to partake in 21+ activities) as well as two delicious and fun recipes to try out.

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

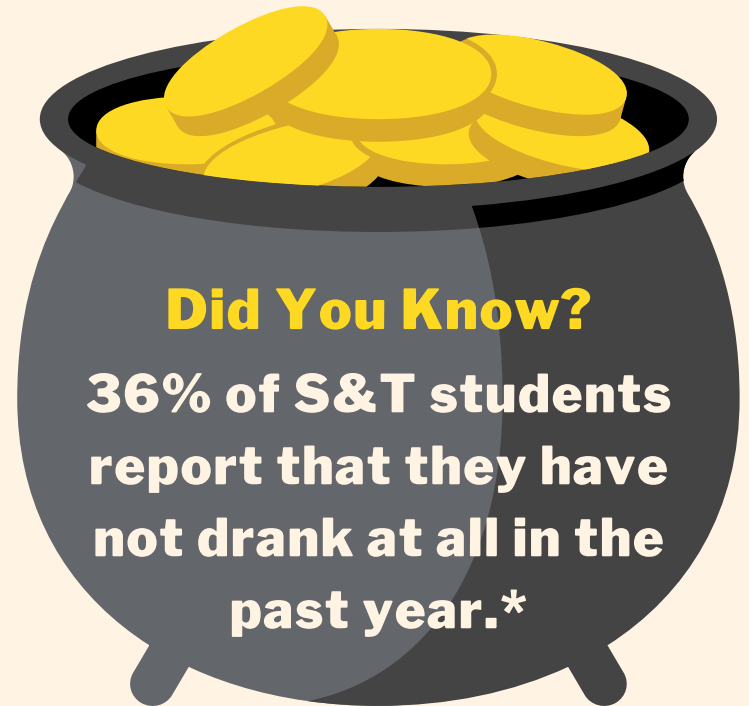
S&T Students and Alcohol Usage

From Student Well-Being

For many of us, spring break and St. Patrick's day are categorized as "drinking holidays", or days/periods of time we often associate with higher amounts of drinking alcohol. While this might be considered common knowledge or part of the college experience, it's not quite true.

According to the 2022 Missouri Assessment of College Health Behaviors (MACHB), 36% of S&T students report not drinking at all in the past year. Additionally, only 32% of S&T students reported that they attended St. Patrick's Day events and drank alcohol while there.

So, where does this idea that "everybody drinks" come from?



This perception is not uncommon on university campuses, and is no different here at S&T. According to the MACHB, S&T students' perception of how much others drink is higher than the reality. On an average night of drinking, the mean number of drinks that an S&T student consumes (of students who consume alcohol) is 2.25 drinks. This reality is much lower than our *perception* of the amount that others drink, which is over 4 drinks. In reality, others on campus are drinking much less than we assume, and these higher assumptions can actually encourage us to drink more, as we believe that "everybody does".

If you choose to drink, it's important to do so in a safer way. Check out our safer drinking habits on the next page, including some that are commonly used among S&T students.

If you feel like you are drinking in a way that makes you uncomfortable or in a way that is interfering with other aspects of your life/well-being, you can reach out to Student Well-Being for a free BASICS consultation, or Brief Alcohol Screening and Intervention for College Students consultation. BASICS is non-judgmental, confidential, and is not abstinence based. Learn more by visiting the Student Well-Being website at wellbeing.mst.edu/more/about-us/services.

**2022 Missouri Assessment of College Health Behaviors*

BOOST YOUR WELL-BEING

Safer Drinking Tips and Habits

From Student Well-Being

If you are choosing to drink alcohol, whether you are staying at home or going out with friends, it's important to be aware of ways that you can be drinking in a safer way. While abstaining from drinking is always the safest option, below are some tips and habits to consider.

Find ways to hold yourself accountable:

Whenever you drink, be aware of the ways you can keep yourself accountable ahead of time. For example, if you are going to a friend's house and only want to drink 2 beers while there, some ways to set yourself up for success are to only bring 2 beers with you or letting your friend know your limit so they don't encourage you to go beyond it. If you know that once you start drinking you are unlikely to follow your pre-determined amount of drinks, let a trusted friend or member of your group know ahead of time so they can help.

Alternate alcoholic drinks with water: Make sure you drink a glass of water in between each alcoholic drink as this will help prevent sickness and becoming overly intoxicated quickly. It can also reduce hangovers and other physical symptoms later on.

Designate a sober friend/driver in your group:

If you are planning on going out or changing locations at all while drinking, make sure that someone in your group is sober, meaning that they have consumed no alcohol. This way, you have a sober driver and someone able to ensure your/your friends' safety.

Eat before, during, and after drinking: Eating, especially before and during drinking, is vital. Alcohol enters your bloodstream through your stomach and small intestine, so if you haven't eaten anything, the alcohol will enter your bloodstream faster. This can result in you feeling the effects of intoxication at a much quicker rate and losing the ability to appropriately monitor how much you are consuming.

Know where your drink is at all times: If you are out and drinking around others, make sure to always keep your drink with you or leave it with a trusted friend. If you set your drink down and leave it unattended, instead get a new drink.

Arrive and leave with the same friend(s):

Whenever you are out or if you change locations while consuming alcohol, make sure you leave with the same people you came with and come up with a plan for meeting up if you get separated. This is valuable not only for holding each other accountable but is also vital for ensuring yours and others' safety.

If you are planning on consuming alcohol, it is important to set yourself up to have the safest possible experience. To learn more about safer drinking tips and to access safer drinking resources, contact Student Well-Being at wellbeing@mst.edu or visiting wellbeing.mst.edu.



BOOST YOUR WELL-BEING

Making the Most of Your Spring Break

From Student Well-Being

Whether you have travel plans or you are staying close to home, spring break is a wonderful time to rejuvenate and reset before courses resume. Below we have ways to make small changes that can have a big impact on your overall well-being, both in the short term and long term.

Start with one project that you haven't had time to do during the semester: Pick one organization, cleaning, or repair project that has been on your to-do list that has taken a back seat to other responsibilities of the semester. This could be reorganizing your closet and donating unused items, deep cleaning your car, reorganizing craft or school supplies, or any other personal or household project. Even if you have a long list of projects, start with the expectation of just completing one so it doesn't feel overwhelming.

Use the free time to plan for the future: During break, consider taking the time to apply for jobs or co-ops, update your resume and cover letter, and other planning that can help you prepare for the immediate or long term future. This allows for uninterrupted time to focus instead of small pockets of time here and there that aren't always as productive.

Volunteer your time: Whether it be a few hours or a few days, look into some local places to volunteer for an organization or cause that is important to you. Supporting your community is a great way to increase your overall well-being and sense of satisfaction.

Make time for loved ones you don't usually get to see: Use your break to catch up with friends and family that you don't normally get to see or get to spend quality time with. Additionally, this gives the opportunity to make a plan to keep in touch with them once you are back on campus.

Take an online mental health and well-being screening and/or training: A screening can help you check in with how you're doing and can provide resources and support with any concerns you have.

There are many available online trainings as well, such as Ask.Listen.Refer suicide prevention training, that are highly recommended for all students to take.

Learn more about some available screenings and trainings at wellbeing.mst.edu/self-education.

Schedule time in for rest and relaxation: Even if you end up having a busy and/or productive break, make sure you allow plenty of time for rest and doing relaxing activities. Try finding the self care and relaxation techniques that work for you and work to incorporate them in your regular semester schedule as well. Keep in mind that self care is an active choice to do something that supports and improves your emotional, mental, and/or physical health, not just focusing on your basic needs (think: not anything a Sim would have a needs bar for!).



FEATURED RESOURCES

Morning Cup of Joe

Podcast from Student Well-Being

Use free time during the breaks this month to catch up on the Morning Cup of Joe podcast from Student Well-Being!

The podcast uses pop culture to explore mental health topics relevant to S&T students. Topics that have been covered are handling rejection, setting SMART goals, working with difficult people, sleep hygiene, coming out, and more.

Each episode features a different pop culture reference to help connect the topic to examples in the media! You can learn about dealing with difficult people from the cast of The Office or sleep hygiene with sleep deprivation examples from Fight Club.

New episodes are released each week during the semester. Learn more and listen at bit.ly/morningcupofjoe.



Mental Health Apps

(Recommended by Student Well-Being Licensed Counselors!)

Finch (finchcare.com)

Finch is a self care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself. Choose from a wide variety of self care exercises personalized for you.

Habitica (habitica.com)

Habitica is a free habit-building and productivity app that treats your real life like a game. With in-game rewards and punishments to motivate you and a strong social network to inspire you, Habitica can help you achieve your goals to become healthy, hard-working, and happy.

I Am (iamaffirmations.app)

I Am is a positive affirmations app that allows you to set daily affirmations, reminders, and intentions that help us focus on our self esteem and change negative thoughts over time.

Insight Timer (insighttimer.com)

Insight Timer is a meditation app that features guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers. You can use Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. With 80+ new free guided meditations added daily, Insight Timer is great for both beginners and experienced practitioners.

MINDFUL MOMENT

Quick and Easy St. Pat's Recipes

From *Plowing Through Life* and *Forks Over Knives*

Lucky Charms Cereal Bars

Ingredients:

- 4 tablespoons butter
- 8 ounces mini marshmallows
- 6 cups Lucky Charms cereal
- Optional: green food coloring



Steps:

- Melt butter over medium heat, add marshmallows and stir until melted. Remove from heat. If desired, add 2-4 drops of green food coloring and stir until color is well mixed.
- Stir in cereal. Wet fingers to smooth out treats. Sprinkle on extra marshmallows if desired.

Green Goddess Hummus

Ingredients:

- ¼ cup tahini
- ¼ cup fresh lemon juice (about 1 large lemon's worth)
- 2 tablespoons olive oil
- ½ cup roughly chopped, loosely packed fresh parsley
- ¼ cup roughly chopped, loosely packed fresh basil
- 2 to 3 tablespoons roughly chopped green onion
- Garlic powder, to taste
- ½ teaspoon salt, more to taste
- One (15-ounce) can of chickpeas/garbanzo beans, drained
- Water as needed



Steps:

- Combine all ingredients (except water) into a food processor or high powered blender and blend until creamy. Add in water one tablespoon at a time while blending as needed to make it more creamy.
- Serve with chips, veggies, or on a sandwich! Store hummus in an airtight container and refrigerate for up to one week.

ASK MAK

Anonymous Questions Asked By S&T Students

From Student Well-Being staff


Question: *I've been having some anxiety attacks since going to the career fair last week, I don't feel like I actually made any valuable connections. What do I do?*


Answer: It is totally normal to be feeling particularly anxious or stressed after an interaction (or in this case many interactions) with a potential employer. It can feel like there is a lot riding on you doing well! If you are feeling like you wished you had done better, we would recommend talking to COER because they have many options for helping you to better prepare for those types of interactions, such as practice interviews, resume review, professional clothes, and much more when it comes to getting a co-op, job, or other future plans. You can check out their services at career.mst.edu.


Regarding the anxiety attacks, we'd highly recommend coming into Student Well-Being for a quick 20 minute screening to see what resources or services would be most valuable to you. Persistent anxiety attacks after an event has occurred can be serious. If you feel as though you cannot "move past" your anxiety and/or the anxiety is interfering with your ability to get through your day, this is a sign that additional support would be valuable! You can schedule a screening with a licensed counselor by calling [573.341.4211](tel:573.341.4211), visiting 204 Norwood Hall, or through the [Patient Portal](#).


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


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)

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

UPCOMING DATES

March 6-10: STEP UP! for a Safer St. Pat's (learn more by visiting our instagram [@sandtwellbeing](https://www.instagram.com/sandtwellbeing))

March 16-17: Spring Recess

March 17: St.Patrick's Day

March 20-24: Advising Week

March 27-31: Spring Break

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.