

WELLNESS CONNECTION

Your health, your well-being, our priority!



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THIS MONTH'S EVENTS

LETTER FROM MAK

Hello Miners,

February is here and for many of us, that means celebrating Valentine's Day! But, romantic love is not all we should be focusing on. This month allows us to take that extra time to prioritize love in a few different ways: loving our bodies, loving our friends and family, and (most importantly!) loving our selves.

In this edition, we are helping you hone in on those different forms of love. For our bodies, we are highlighting the basics of nutrition and a month-long challenge promoting heart health. For our friends and family, we have you covered with activities, tips on understanding love languages, and balancing and maintaining different relationships. And finally, for self love, we're providing an app to help you stay organized, ways to practice self love as a student, positive affirmations, and some of our favorite rom-coms to watch this month.

If you find that you need a bit of help practicing self love or self care, don't hesitate to reach out to Student Well-Being. We've got you!

With warm regards,

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

DATA BRIEF

Positive Affirmations (Supported By Data!)

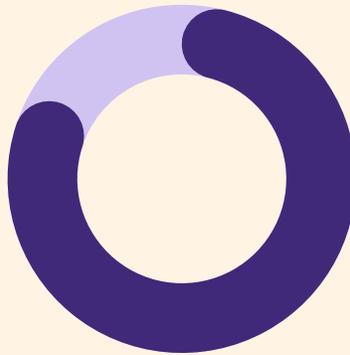
From Student Well-Being

We've probably all heard of positive affirmations, though maybe it's not something we've ever tried. In the spirit of loving ourselves and loving others, check out the below positive affirmations you can say to yourself- all of which most S&T students agree with!



“I lead a purposeful and meaningful life”

79% of Miners agree with this statement



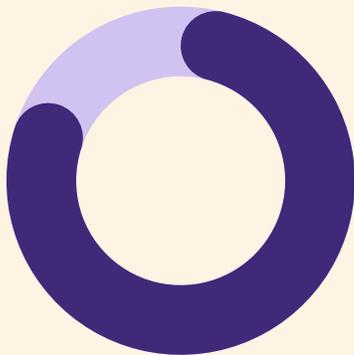
“I am a good person and live a good life”

84% of Miners agree with this statement



“My social relationships are supportive and rewarding”

84% of Miners agree with this statement



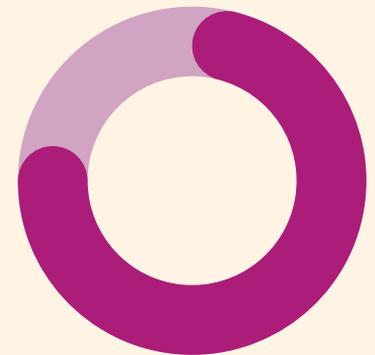
“I actively contribute to the happiness and well-being of others”

84% of Miners agree with this statement



“I am competent and capable in the activities that are important to me”

88% of Miners agree with this statement



“I am optimistic about my future”

79% of Miners agree with this statement

Data comes from the 2023 Missouri Assessment of College Health Behaviors

BOOST YOUR WELL-BEING

Balancing and Maintaining Relationships in College

From Student Well-Being

College is a whirlwind of experiences, and on top of academic challenges, we often find ourselves balancing our relationships and friendships. While romantic love may be a significant aspect, the realm of relationships in college extends far beyond that: platonic friendships, family bonds, and classmates, to name a few.

Communication is what ultimately holds everything together. Understanding and embracing different types of relationships requires effective communication skills. One valuable concept that helps with deciphering the best communication for a specific person is the idea of love languages. Just as you have a unique way of expressing and interpreting love, so does everyone else. Recognizing and understanding these love languages can enhance interpersonal connections and pave the way for stronger bonds. Anything can be considered a love language, but universally there are 5. **Let's look at each love language, along with ideas on how to communicate with each other in the best way possible.**

Words of Affirmation: Words of affirmation is about expressing affection through spoken words, praise, or appreciation. When this is someone's primary love language, they enjoy kind words and encouragement, uplifting quotes, love notes, and cute messages. Some things you could try are...

- Giving genuine compliments, directed to character and achievements
- Calling or texting to check in
- Writing notes or affirmations
- Celebrating milestones and accomplishments verbally
- Being an active listener and asking questions to show interest
- Being transparent as much as you can about what is going on

Quality Time: Quality time is centered around togetherness. It's all about expressing your love and affection with your undivided attention. It's not about the amount of time you spend together but instead the quality of your interactions that count. Some things you could try are...

- Sharing meals during busy days of the week where you can enjoy each other's company
- Engaging in activities that you both enjoy- video games, working out, watching tv
- Choose a book to read together and have a mini book club
- Taking a walk together
- Plan surprise dates/hangouts
- Engage in deep and meaningful conversation without interruptions

Receiving Gifts: Gift-giving indicates love and affection to some. They treasure not only the gift itself, but also the time and effort the gift-giver put into it. People with this love language can often remember every little gift they have received from their loved ones because it makes such an impact on them. Some things you could try are...

- Friendship bracelets
- Paying attention to subtle hints or things they mention wanting, and surprise them
- Finishing up a part of a project (or anything) that needed to get done
- Handwritten letters
- Gifting items that hold significance to them
- Surprise them with favorite snack, treat, or homemade goodie

Acts of Service: Acts of service are nice things you do for your relationships that make them feel loved or appreciated. They noticed all the little things you do for them. They also tend to perform acts of service and kindness for others, too. Some things you could try are...

(CONTINUED ON NEXT PAGE)

- Cooking a meal for them
- Taking on household chores
- Running errands
- Tutoring or helping with homework
- Putting gas in the car
- Creating a relaxing environment

Physical Touch: A person with physical touch as their primary love language feels love through physical affection. They feel loved when their partner holds their hand, touches their arm, or receives frequent hugs from family and friends. They simply want to be close in their relationships. Some things you could try are...

- Offering a supportive touch
- High fives or fist bumps
- Celebratory embraces with milestones and achievements
- Watching a movie together
- Facing/turning towards them during conversation
- Being present for important events

As we all juggle academic commitments and social lives, finding little ways to show love and appreciation becomes essential. Small gestures, like leaving an encouraging note or remembering a small detail, can go a long way in balancing relationships. **Below lists some relationships every college student comes across and some great ways to show love and appreciation for them.**

Romantic partner:

- Plan surprise date nights- it could be dinner, a movie night, or an activity
- Leave thoughtful notes for them to find
- Perform random acts of kindness or thoughtful gestures just because

Friendships:

- Random check-ins through texts or calls
- Schedule regular hangouts or outings
- Celebrate your friend's achievements and milestones

Roommates:

- Establish open communication channels to discuss any issues or concerns
- Regularly check in on each other's well-being
- Leave small surprises, like snacks and goodies
- Collaborate on decorating your shared spaces

Parents:

- Keep them informed about your college experiences and achievements
- Video call when you can
- Express gratitude for their support and sacrifices
- Make the most of the time you have together

Siblings:

- Support your siblings in their endeavors when you can- even a text saying good job shows support
- Establish traditions or an annual outing that are unique to just you and them
- Offer help when needed
- Invite them to come visit for a weekend without parents or guardians present

Classmates/Club Members:

- Form or participate in study groups
- Recognize each other's contributions in organizational activities
- Share helpful resources or study materials
- Organize social events to connect outside school

On top of the multitude of relationships we have, the concept of self-love should not be overlooked. Prioritizing self-care and self-appreciation is a tool for maintaining a healthy balance.

College is a time of growth and discovery, not only academically but also in the terms of relationships. This is where we will find lifelong partners, forever friends, and connections that we can continue to network with as we continue in the workforce. By understanding the various types of relationships, embracing love languages, and practicing effective communication, we can truly balance all of our connections

So take some time this week to call mom, see a friend for lunch, or take a walk around campus by yourself; small gestures and self-love become the pillars that support lasting connections.

BOOST YOUR WELL-BEING

Feed Your Mind and Body: The Basics of Nutrition

From Student Well-Being

Whether it be related to a New Year's resolution or a way to practice self love, there is no bad time to learn how to use food to help care for your body and health. Understanding the basics of nutrition allows us to build eating habits that will sustain our busy lives, now and for the future as well.

Nutrition, at it's core, is simply fueling your body in a way that supports your (current and future) lifestyle, with an emphasis on nutrient-rich foods, balance, and promotion of health. So let's break each one of those pieces down!

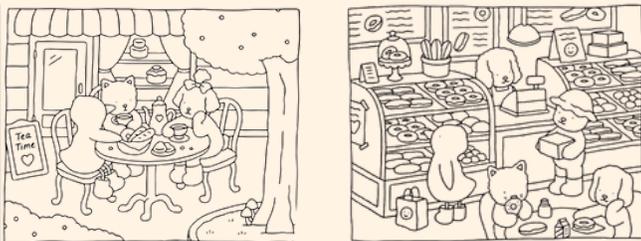
1. **Nutrient-Rich Foods:** We should ideally eat in a way that provides us with as many key nutrients as possible, such as our vitamins, minerals, fiber, and protein. Therefore, it's key to center our diet on the five food groups and the best ways to get them - check them out below. Learn more about each food group here: myplate.gov/eat-healthy/what-is-myplate
 - a. **Fruits and Vegetables-** Aim to eat a large variety of fruits and vegetables. Try "eating the rainbow", or getting fruits and veggies of all different colors, as the different colors typically represent different vitamins and minerals present in the food. There is really no wrong way to eat fruits or vegetables, but going for fresh or lightly prepared when possible is a good way to go.
 - b. **Grains-** Grains are extremely important for energy and fiber, so make sure not to cut these out, though this is sometimes recommended in popular diets. Try and make at least half of the grains you eat whole grain (check the ingredients label- it should be the first ingredient!).
 - c. **Protein-** Similar to fruits and vegetables, a variety of protein sources is key to a well-balanced diet. This includes animal protein sources (chicken, fish, turkey, etc) as well as non-animal sources (tofu, beans, nuts, etc). For animal sources, aim for non-fried and lower fat options.
 - d. **Dairy-** Even though it's in the name, our dairy sources can come from dairy-free options, such as soy or oat milk, vegan cheese, etc. We primarily are looking for sources that are high in calcium, potassium, and vitamin D. For non-dairy products, try to find "fortified" options, as these will have those vitamins added in.
2. **Balance:** While certain diets or fads may promote cutting out certain "unhealthy" foods, we believe that **any food can be part of a nutritional and well-balanced diet in moderation** (excluding any allergies or ethical dietary restrictions of course). Additionally, nutrition does not mean all or nothing. The nutrient-dense foods we eat are not cancelled out if we also eat foods that are less nutrient-dense!
3. **Promotion of Health:** Nutrition looks different for everyone, as all of our bodies have different needs. For example, an athlete's nutritional needs will look different than someone who is not as active. **Make sure you are eating in a way that supports your specific lifestyle and your daily activities.** Additionally, sometimes the "healthy" choice is finding a motivator that allows you to eat those nutrient-dense foods. For example, if it helps you eat more broccoli and carrots, dipping in ranch dressing is a healthy choice! If it helps you to eat a full nutritious dinner, dessert is a healthy choice!

Want to learn more of the basics of nutrition? Check out the video mini-series in the Health and Well-Being Canvas Course (umsystem.instructure.com/enroll/G3LY3G) under "modules". Any additional questions or concerns can be directed to Student Well-Being at wellbeing@mst.edu.

FEATURED RESOURCES

Visit the New Miner Oasis Location

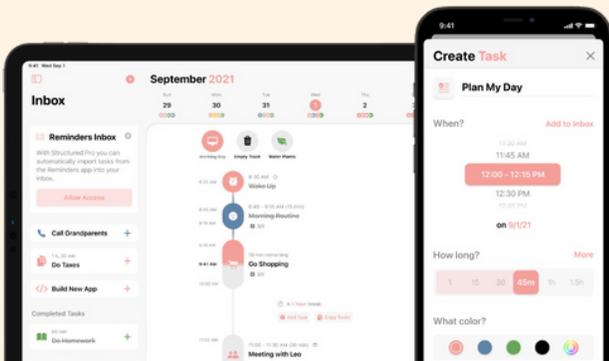
Come by the new Miner Oasis in the Library with your friends! All through February you will find coloring pages from Bobbie Goods! It's the perfect way to unwind and express yourself. Grab your friends and color away!



Structured App

Do you have trouble staying on task and doing things in a timely manner? Structured allows you to schedule a set amount of time for a task or event and lets you know when time is almost up! It also automatically imports calendar events and syncs with your reminders. Use it on your phone or computer. Check it out if you need help organizing your day to day!

Learn more and download at structured.app.



BetterYou App - Heart Month Challenge

This February, it's not just about Valentine's Day – it's American Heart Month! We're excited to invite you to our Heart Month Triathlon Challenge, exclusively on the BetterYou App. Get ready to focus on your heart health and **win a share of \$300 in prizes!**

Here's How to Dive In:

1. Week 1 (Feb 4th - 10th): Set a fitness goal on the BetterYou App and achieve it! This could be gym sessions, workouts via the app, or any exercise routine you love.
2. Week 2 (Feb 11th - 17th): Focus on mindfulness. Set a goal on the BetterYou App for meditation or mind-clearing activities. It's time to refresh and rejuvenate. During this week keep up with your meditation goals on the BetterYou App for a chance to win. Your heart (and mind) will thank you!
3. Week 3 (Feb 18th - 24th): Prioritize your sleep. Use the BetterYou App to set and meet your sleep goals, ensuring you give your heart the rest it deserves.

Winners will be selected each week, leading up to an exciting grand prize! Join us in celebrating heart health and get a chance to win big.



MINDFUL MOMENT

Pal-entine's Activities

Turn Valentine's Day into Pal-entine's Day! Pal-entine's Day is a celebration of friendship, otherwise considered your "pals", and it's a wonderful opportunity to show appreciation for the amazing people in your life. Check out these ideas for at home or on-the-go ways to gather with friends this February:

- **Brunch Date**- Gather your pals for a brunch outing. You can visit a favorite brunch spot or organize a brunch at home. Whatever works for your crew as long as delicious foods are included.
- **Paint Night**- Host a paint night where you and your friends can unleash your artistic side. Follow a painting tutorial (we love Bob Ross!) or create your own masterpieces.
- **Spa Day at Home**- Pamper yourself with DIY facemasks, manicures, and pedicures. Play soothing music and get comfy, creating a relaxing atmosphere.
- **Outdoor Adventure**- If the weather is nice, consider hiking, biking, or a picnic day at the park. Enjoy nature and each other's company.
- **Karaoke Party**- Sing your hearts out with a karaoke dance night. Create a playlist of your favorite songs and enjoy the musical talents of everyone in the room.
- **Bowling**- Get a lane at the Rolla Bowling Center. Bowling is a low stress, but fun and competitive game to get the pals active and spending time together. See who can get to 100 first.
- **Themed Potluck Dinner**- Choose a theme for your dinner, such as international cuisine, just desserts, or dip night to name a few, and have each friend bring a dish related to it!

Remember to tailor these activities to the preferences and interests of your pals, and most importantly, have a blast celebrating your wonderful friendships!

MINDFUL MOMENT

Practicing Self Love as a Student

Let's talk about the art of self-love and how you can master it amidst your busy schedules. First off, **remember to take care of your body** – get enough zzz's, eat those greens (and the occasional pizza, because balance is key!), and move your body in a way that feels good. It's not just about looking great; it's about feeling amazing too!

Then there's **the power of pausing**. Ever tried mindfulness or meditation? Even a few minutes a day can work wonders in calming that exam anxiety and keeping you grounded. And don't forget to make time for the things you love – be it strumming a guitar, painting, or binge-watching your favorite series. It's not slacking; it's essential for your well-being!

Most importantly, **surround yourself with people who lift you up**. Your squad, family, or a fluffy pet – anyone who makes you laugh and feels like sunshine. And, it's totally okay to ask for help when things get overwhelming. Chatting with a counselor or therapist is like decluttering your brain – highly recommended!

Remember, **self-love isn't selfish; it's your secret superpower**. Embrace it, and watch yourself thrive both in and out of the classroom.

MINDFUL MOMENT

Staff Favorite Rom-Coms to Watch this Month

Abbey Krimmel (Junior, Computer Science)

- **Set It Up**- Set It Up walked so Anyone But You could run. Set It Up follows two assistants that hatch a plan to match-make their bosses to make their jobs easier. As they navigate orchestrating the perfect romance for their bosses, they find themselves caught up falling for each other. It truly teaches that the best plans are the ones you never see coming.
- **Crazy Rich Asians**- I will forever cry when “Can’t Help Falling In Love” comes on at the wedding scene. Rachel accompanies her longtime boyfriend, Nick, to his best friend’s wedding in Singapore. She is automatically put into the spotlight when she finds out that Nick is from an extremely wealthy family and considered one of the country’s most eligible bachelors, total 180 from her upbringing. Can she face the music of his disapproving mother? One of the best movie romances of the century in my opinion.

Deb Andrade (Junior, Computer Science):

- **13 Going on 30**: This movie was played every single day at my house. I was OBSESSED (and still am) with this movie. If you haven’t watched it, this movie basically is about how when you are a teenager you cannot wait to grow up and be 30. The movie takes you through the unexpected twists of adult life, showing that it’s not as easy as it seems. It’s a charming story filled with humor, romance, and a touch of nostalgia. Also who doesn’t love Mark Ruffalo!!!!???
- **10 Things I Hate About You**: Oh to have been Julia Stiles and play a character that falls in love with Heath Ledger. Listen, they don’t make movies like this anymore, this movie in particular is so good! This movie is the “we dare you to date her” type and they both end up falling in love with each other and it is just “chef’s kiss” good. The story centers around the intelligent and outspoken character Kat played by Julia Stiles, who’s not interested in dating, unlike her sister Bianca. Bianca’s dating life is on hold until Kat finds a boyfriend, leading to a plan to pair Kat with the intriguing and charming, Heath Ledger.

GET IN TOUCH

 wellbeing@mst.edu

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

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

UPCOMING DATES

- All Month: Black History Month
- February 2: Spring O’Rama
- February 12-16: [Mental Well-Being Awareness Week](#) (see all events on next page!)
- February 14: Valentine’s Day
- February 20: [Spring Career Fair](#)

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

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](#). 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

Mental Well-Being Awareness Week

February 12th - 16th, 2024

Join us for a series of events, trainings, and activities aimed at promoting mental well-being, building social connections, and increasing sense of belonging on campus! We can't wait to see you there! All events are free and open to all students, faculty, and staff.

Monday, February 12th

- Build Your Own College Thriving Kit: Build a personalized box with specialized items to help you thrive and succeed this semester. Meet the faculty and staff champions while building.
 - 11am - 1pm, Havener Center

Tuesday, February 13th

- Mental Well-Being Ambassador Training: This training is open to all students and teaches you the skills to support your own and others' mental health and overall well-being. Lunch provided!
 - RSVP required- [RSVP here](#)
 - 11am - 1pm, BCH 121

Wednesday, February 14th

- Craft Station: Make crafts at your leisure for a relaxing break in your day. There will be multiple crafts available!
 - 11am-1pm, Havener Center
- Creative Arts Workshop: The workshop will consist of making sensory/calm down boxes. Join us if you like to be creative or want to gather new tools to help manage anxiety and stress.
 - 11am - 1pm, Location

Thursday, February 15th

- Mental Health Screening: Take a quick mental health screening with a licensed counselor and learn about the resources available. Free socks provided to the first 200 participants!
 - 11am-1pm, Havener Atrium
- Vision Board Making with the Student Success Center: Make a vision board! All supplies provided, and free food provided to all participants!
 - 12pm - 3pm, Library

Friday, February 16th

- Dog Days, Hosted by Delta Sig: Come pet cute dogs! Need we say more?
 - 11am-1pm, Toomey Lawn (in the case of inclement weather, event will be moved to the Miner Oasis, 201 Norwood Hall)
- Family Night, Hosted by Graduate Education: Enjoy a night with your loved ones at this family-friendly game and activity night. Food provided!
 - 4pm-6pm, BCH 121

Learn more:
wellbeing.mst.edu/mwbaw24