

WELLNESS CONNECTION

Your health, your well-being, our priority!



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THIS MONTH'S EVENTS

WELLNESS CONNECTION

LETTER FROM MAK

Hello Miners,

Happy November! With Halloween just passed and the winter holidays coming in only a few weeks, we feel that this month brings about a great opportunity to practice balance. We're balancing our university responsibilities with planning for holiday break; we're balancing our on-campus friendships with off-campus relationships; we're balancing days of warmer weather with prep for winter.

We've written this newsletter edition with all this on our mind to help you manage. Check out our features all about support systems and relationships, ways to help yourself and your community, and ways to have a productive but relaxing break with loved ones.

We hope you have a wonderful November and start to the holiday season! Remember that if you need anything, the Student Well-Being office is available to you (find our contact information on the last page!).

With warm regards,

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

Content Warning:
Unhealthy/abusive relationships
(pg 5); sexualized violence (pg 6)

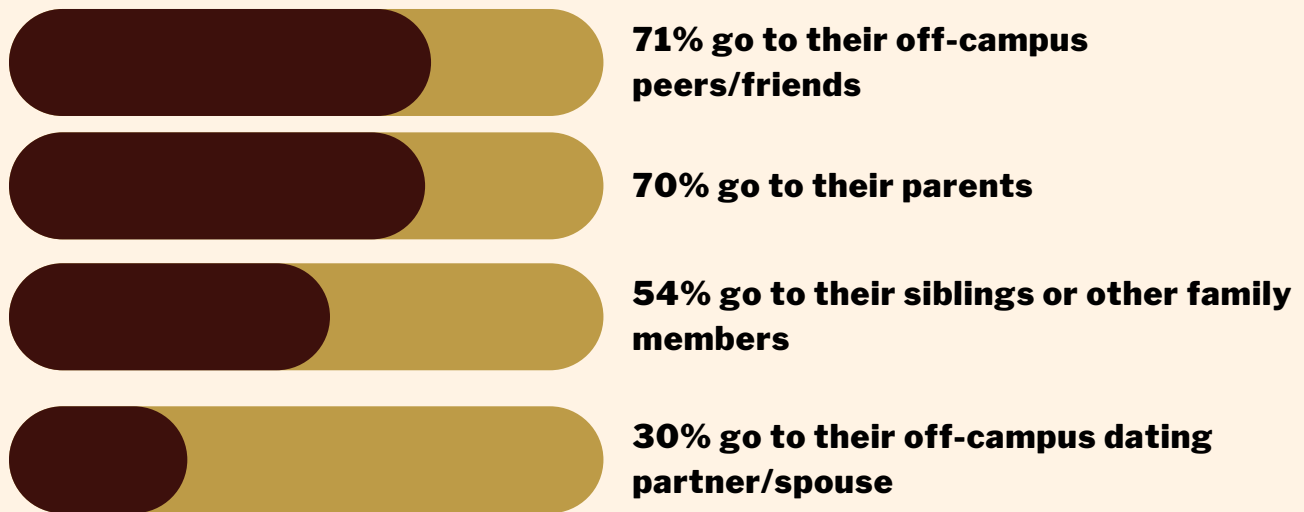
DATA BRIEF

Navigating Off-Campus Support Systems

From Student Well-Being

As college students, our off-campus support systems play a vital role in our lives. These support networks include friends, mentors, and family members who offer guidance and comfort during our academic journey.

Did you know that **94.5% of S&T students turn to at least one person off campus when personal concerns arise?***



However, maintaining these relationships can sometimes be challenging, especially when facing difficult conversations or changes in friendships. Here's a concise summary to help you navigate these aspects:

Addressing Difficult Conversations:

- Initiate open and honest dialogues with your off-campus support systems.
- Use "I" statements to express your feelings and concerns.
- Be patient, listen actively, and strive for mutual understanding.
- Seek compromise and common ground when addressing contentious issues.

Changing Friendships and Rekindling Connections:

- Recognize that friendships can evolve and change over time, especially during college.
- Initiate conversations with friends to understand any shifts in your relationships.
- Rekindle friendships through shared interests and quality time together.
- Be open to new friendships while appreciating the value of old ones.

By approaching these aspects with empathy, communication, and a willingness to adapt, you can navigate the complexities of off-campus support systems and maintain meaningful relationships throughout your college journey.

**2023 Missouri Assessment of College Health Behaviors*

BOOST YOUR WELL-BEING

Managing Lifestyle Changes and Holiday Breaks

From Student Well-Being

Thanksgiving break is just around the corner, and for college students, this means heading home for quality time with family and friends.

However, returning home involves more than just packing your bags; it requires navigating lifestyle changes and setting boundaries to make the most of this cherished holiday. Here's a brief summary to help you prepare:

Navigating Lifestyle Changes:

- **Reconnect with your parents and respect their rules and expectations:** this can be one of the trickiest aspects as we have learned to live on our own. Do your best to respect their standing rules and remember that the situation is temporary.
- **Strengthen sibling relationships by taking an interest in their lives:** you might have a lot to catch up on! Focus on building a close connection without putting too much pressure on making it perfect.
- **Embrace your family's traditions and share your college experiences:** try to be an active participant with family events, even the small ones, and share what you are comfortable with! Most family members are eager to hear about your education and new experiences.

Setting Boundaries:

- **Communicate your need for personal time to recharge:** make sure you take time for yourself when it's needed; this doesn't need to be a full conversation even- any small way to separate yourself (such as going to the store or going on a walk) can be helpful to recharge. If it needs to be a conversation, make sure to focus more on your needs, instead of what they are doing (use "I" statements).
- **Discuss your plans and commitments with your family to manage expectations:** this can be especially tricky if our family expects us to be with them the entire break, while we might be hoping to see more of friends or have alone time. Discussing plans ahead of time can help set the stage for the rest of the break.
- **Establish boundaries around sensitive topics and personal choices:** if you know there is a topic or personal experience you are unwilling to discuss while on break, consider talking it over with a trusted family member to have help navigating conversations away if the topics arise. It can also be helpful to rehearse talking points or have exit strategies ready if needed.

And remember: these changes in our interactions and communication with family members are not only natural but also a healthy part of the college and adult experience. While it can be tricky to navigate at first, incorporating these considerations will help you create a harmonious and meaningful Thanksgiving break, filled with gratitude, love, and connection.



BOOST YOUR WELL-BEING

Immune Boosting Tips

From Student Well-Being

Have you been feeling a little under the weather recently? It is ok if so, because it's that time of the year again! Flu season! Allergy season! Cold weather! Everything and anything that could make you feel icky is going around. With Thanksgiving break around the corner and school assignments still chugging along, it is as important as ever to keep your immune system intact.

Maintaining good health during this time is essential and boosting your immune system can help you stay resilient against those seasonal illnesses. Here are some specific tips for keeping up your immune system and staying healthy during the colder weather:

- **Eat Nutrient-Rich Foods:** Remember to eat your fruits, veggies, whole grains, lean proteins, and healthy fats during this time. These foods provide essential vitamins and minerals that support your system, these vitamins and minerals being vitamin C, vitamin D, zinc, and antioxidants! Want to learn more about nutrient-rich foods? Visit [USDA MyPlate What Is MyPlate?](#) for information and tips for each food group, along with recipes!
- **Stay Hydrated:** Drink plenty of water to ensure your body is in go mode! How much do you need? The recommended daily amount is up to 8-10 cups a day.
- **Wash Your Hands:** Frequent handwashing with soap and water is crucial to prevent spread of germs! Make sure to especially do so before eating and after being in public places.
- **Get Adequate Sleep:** Aim for 7-9 hours of quality sleep each night as it is important for our bodies to have the rest to repair and function the next day.
- **Layer Up and Keep Warm:** Dressing warmly and in layers helps to protect yourself from the cold temperatures and prevents your body from expending extra energy. While bundling up isn't always the most aesthetically pleasing way to go, try adding to your style with a hat, earband, or matching gloves as the temperatures start to decrease.
- **Consider Trying Herbal Remedies:** Some herbs like echinacea, elderberry and garlic have been studied for their potential immune-boosting effects. Drink some warm elderberry tea or try some roasted garlic the next time you are craving some immunity boosting treats.
- **Get Regular Exercise:** Engage in regular physical activity to boost your immune system and just improve your overall well-being. Check out our previous monthly articles for tips and tricks for staying active during the colder months!

By following these tips, you can help boost your immune system and hopefully stay healthy during the cold weather months! They might not be 100% effective, but they are preventative and protective strategies to help you feel the best you can during this time! Remember that good health is a combination of various factors, so do everything in moderation and keep a balanced lifestyle. Stay healthy and stay strong. You can conquer the cold!



BOOST YOUR WELL-BEING

Healthy vs Unhealthy Relationships

From Student Well-Being

For many of us, November begins the holiday season where we spend a good deal of time with loved ones and allow us to demonstrate the love and appreciation that we have towards them. However, love is not always good, especially when it's harmful and controlling. It's important to know the signs of an unhealthy or abusive relationship, either with a significant other, parent, friend, or relative.

What defines a **healthy** or **unhealthy** relationship?

A **healthy relationship** is a relationship that brings out the best in you and make you feel good about yourself. Being around that person makes you feel energized, confident, happy, and safe. This doesn't mean it's perfect all the time, but there are common and predictable healthy signs in the relationship.

An **unhealthy relationship** isn't always abusive or obvious. It's one or more of the people involved exhibiting behaviors that are not healthy, safe, or founded in mutual respect for the other person. Unhealthy relationships aren't limited to romantic partners- they can be friendships or relationships with family members.

Signs of a **healthy relationship:**

1. You're not afraid to speak up
2. Trust is at the core of the relationship
3. You know each other's love language(s)
4. You agree to disagree on certain issues
5. You encourage each other to go after goals
6. You hold separate interests
7. You're comfortable being yourself around them
8. Boundaries are honored and respected
9. You feel happy and supported
10. You communicate openly and avoid being passive or petty

Signs of an **unhealthy relationship:**

1. Shows extreme jealousy of people you spend time with away from them
2. Attempts to isolate you from others
3. Insults, demeans, or shames you
4. Prevents you from making decisions
5. Controls or judges finances
6. Pressures you to do things you're not comfortable with (like sexual acts or drug use) or refuses to accept set boundaries
7. Intimidates you with words or actions
8. Gaslighting, lying, or manipulating you

Resources to get help:

Title IX: Prohibits discrimination on the basis of sex (gender), including sexual harassment, sexual misconduct, sexual assault, relationship (domestic and dating) violence, and stalking.

- equity.mst.edu/title-ix

National Domestic Violence Hotline: The hotline is free, confidential, and available 24/7.

- thehotline.org, [800.799.SAFE \(7233\)](tel:800799SAFE), or text "START" to 88788

Russell House: Provides services and supports to victims of domestic violence, sexual violence, and stalking. Advocates for victims and provides safe shelter.

- russellhousemo.org, [800.998.8340](tel:8009988340), info@russellhousemo.org

Student Well-Being: Provides counseling services, trainings, and resources related to relationships.

- wellbeing.mst.edu

FEATURED RESOURCES

Nicotine Cessation Tips and Services

The Great American Smokeout, an annual event hosted by the American Cancer Society for over 40 years, takes place on November 16th this year. This event serves as an opportunity for individuals to commit to a smoke-free life, not just for a day, but for the entire year. The goal is to encourage people to make a plan to quit smoking or vaping and initiate a smoking cessation plan on this day. Quitting smoking or vaping is not easy, and the message of the event is clear: you don't have to quit in one day, but you can start with day one.

To improve your success in quitting smoking, follow these five steps:

1. Set a quit date, either on the Great American Smokeout (November 16) or within the next two weeks.
2. Share your quit plan with family and friends for their support and encouragement.
3. Be prepared for challenges by creating a list of healthy coping strategies.
4. Maintain a positive attitude and visualize a smoke-free life.
5. Stay busy, change routines, and seek support through various means, including counseling and medications if needed.

Withdrawal symptoms are part of the process, but they typically improve a few weeks after quitting. If you're ready to quit using nicotine, take advantage of the free nicotine cessation program offered to students through Student Well-Being. This program includes nicotine replacement therapy, one-on-one coaching, personalized quit plans, and continuous support. Contact Student Well-Being for a one-on-one consultation (wellbeing@mst.edu, 573.341.4211).

For additional resources and support, visit the Student Well-Being website, where you can find online and texting resources at this link: bit.ly/NicotineResources. It's never too late to start your journey toward a healthier, smoke-free life.

It's On Us Pledge Against Sexual Assault



Did you know that 13% of all undergraduate and graduate students experience rape or sexual assault through physical force, violence, or incapacitation? (RAINN)

Take the It's On Us pledge against sexualized violence today- view it below:

It's On Us...

To RECOGNIZE that non-consensual sex is sexual assault.

To IDENTIFY situations in which sexual assault may occur.

To INTERVENE in situations where consent has not or cannot be given.

To CREATE an environment in which sexual assault is unacceptable and survivors are supported.

Learn more about the pledge at itsonus.org.

FEATURED RESOURCES

Student Veteran Resource Center

In the month of November, we come together to honor and recognize Veterans Day, a time to show our deep appreciation for everyone who has served our country. As we celebrate and reflect upon the sacrifices made by our veterans, it's also crucial to acknowledge the ongoing commitment to support them in their pursuit of higher education. The Student Veterans Resource Center's goal is to ensure the educational success of all those who served our country. They offer several amenities, and many programs to assist veterans in not only making it through college to the great beyond, but also so that they may rightly enjoy their experiences here. Let us take this opportunity to express our gratitude to our veterans and to show our support for their educational and personal endeavors. Thank you for your service! Check out svrc.mst.edu for more information.



Career Opportunities and Employer Relations

Landing interviews with potential employers is beyond exciting, but what happens after those initial rounds? It's been a month since the career fair, and whether you engaged with numerous companies or applied online, you're probably pondering the same question: What now?

COER (Career Opportunities and Employee Relations) has a multitude of student resources for resumes, offer letters, job search strategies, interview prep, LinkedIn reviews, handshake, workshop review, and general career advising.

Visit [Students – COER](#) for resources or schedule an appointment with career advising at [Schedule an Appointment – COER](#). Beyond student resources, check out the event calendar! The COER Calendar of Events includes details on: professional development seminars and employer engagement opportunities. Check out the Career Office's page on MinerLink to view and subscribe to their full calendar [here](#).

Stay strong during this time! It might take some time for companies to get back to you. Your dream job is within reach, and COER is here to help you grasp it!

MINDFUL MOMENT

Apps for Mindfulness to Check Out

From Student Well-Being Staff

Looking to relax and unwind, especially during the colder and darker seasons we have coming up? Turn to mindfulness phone apps and games! Everyone loves a fun, relaxing game on their phone, but sometimes they take up too much brain power. Mindfulness games offer an escape from the hustle and bustle of everyday life and can be a great way to relax and recharge. They often have simple mechanics and aesthetically pleasing visuals, making them accessible and enjoyable for everyone. These games can provide a much needed break and a way to destress during the week. Here's a brief overview of some apps we think you'll enjoy:

- Forest Island: Forest Island is a game that brings nature into your phone. It is an excellent choice for those who enjoy the calming effects of nature, as it allows you to immerse yourself in a virtual forest. Grow your forest to the best it can be, and as your forest grows, unlock cute animals to inhabit the environment! Research also shows that Forest Island promotes relaxation and stress relief.
- Zen Koi: Zen Koi is where you can grow and nurture your own Koi pond. The slow and graceful movements of Koi fish can be quite relaxing to watch. Zen Koi can help you unwind and focus on cultivating something beautiful.
- My Oasis: My Oasis is a “healing game that helps with stress relief, relaxing and calming your mind. It is an idle clicker and tapping game, there are no intense controls, just easy gameplay, and a relaxing environment.” It is just like Forest Nature, but with different animals and effects.



MINDFUL MOMENT

Mason Jar Leaf Lantern Craft

From Student Well-Being Staff

Wanting to brighten up your room in a festive, fall way? These mason jar leaf lanterns are super pretty and simple to make. It is such a great DIY fall decoration that can be used for so many things from dorm room decor, a fall mantle, or even the Thanksgiving table! For more details, check out [Mason Jar Leaf Lanterns!](#)

What you will need:

- Mason jar
- Leaves: real or faux (recommendation is to use fabric leaves from the craft store)
- Mod Podge
- Rubbing alcohol
- Cotton ball
- Sponge brush

Steps:

1. Prepare the jar and leaves. If you used fabric leaves, you need to peel the plastic ribbing off from each of the leaves. Thoroughly wash your jar with dish soap and water to remove any surface dirt or grease. Then wipe down the outside of the jar with rubbing alcohol with the cotton ball.
2. Add the first leaf. Using the sponge brush, add a thin layer of Mod Podge to the outside of the jar, wait a few minutes for the glue to start drying, then carefully press a leaf onto the glue. Add another thin layer of Mod Podge where the next leaf is going to go.
3. Cover the rest of the jar. Add a second layer of leaves onto the Mod Podge - you can overlap the leaves as much or as little as you like.
 - a. Use your finger or the sponge brush to press down any edges that do not want to stick. No worries adding extra Mod Podge, the sponge brush should have soaked more up.
4. Mod Podge the entire jar. When you are finished adding all the leaves, let the jar dry for up to 20 minutes. Once the leaves seem to be good and stuck, squeeze on a generous amount of Mod Podge. Use the sponge brush to carefully brush a layer around the entire jar.
5. Allow the jar to dry. Recommended time is to let the jar dry overnight. Place a candle inside and light it! Voila! Your mason jar leaf lantern is complete!



MINDFUL MOMENT

Staff Picks for Favorite Thanksgiving Foods

From Student Well-Being Writing Staff: Deb, Abbey, and Laura

Deb:

- **Apple Pie**
 - I can't bake even if my life depended on it, so every Thanksgiving, I go to [Sucrose Bakery in St. Charles](#). If you're ever in the area, stop by and sample some of their scrumptious pastries.
- **Cranberry Sauce**
 - Can I cook? No. But do I like cranberry sauce? YES!

Abbey:

- **Mac and Cheese**
 - Mac and cheese is glorious. It is so good because it combines the comforting and creamy richness of cheese with the comforting texture of pasta, creating a delicious and indulgent dish that both adults and kids will scarf down. It is a fan favorite. There are many ways to create the perfect mac and cheese, you can jazz it up or make it simple depending on your family's liking. It goes so well with other Thanksgiving accompaniments, as well. As a cheese lover and noodle fanatic, mac and cheese truly resonates with me and has a special place in my heart. It is my go to comfort food. And my aunt makes the best mac and cheese! Here is her recipe:
 - What you will need:
 - 1 box Kraft Deluxe macaroni and cheese dinner
 - 1 teaspoon of salt
 - 1 teaspoon of pepper
 - 1 cup sour cream
 - 1 cup milk
 - One package of shredded cheese
 - Steps
 1. Preheat the oven to 400 degrees
 2. Follow the directions on the Kraft Deluxe box
 3. Mix together everything else in the pan once you completed the box directions
 4. Pour into a casserole dish
 5. Top with your shredded cheese
 6. Bake for 20 minutes or until cheese is lightly browned
- **Biscuits**
 - Have extra gravy on your plate or want to make a sandwich with the leftover turkey? That is why the bread element of the Thanksgiving feast is worth mentioning. There is nothing better than a fresh buttered roll or a biscuit. I can't decide which is better and I am not telling you which one to choose: biscuits and rolls just seal the deal. They have that soft and fluffy texture, which provides the contrast we look for with the savory dishes on the Thanksgiving table. They are easy to make, and easy to eat. My favorite biscuit recipe is from Ree Drummond, as it is simple yet gives everything you want in a good biscuit. [Check out the recipe here!](#)

MINDFUL MOMENT

Staff Picks for Favorite Thanksgiving Foods (continued)

Laura:

- Green Bean Casserole: this is my all time favorite Thanksgiving food! I enjoyed this as a kid with canned green beans and cream of mushroom soup ([check out this classic recipe!](#)), and as an adult I've made different variations. [This recipe](#) is the one I followed last year, and it was a crowd favorite (plus, it's vegan!).
- Vegan Turkey Substitute: I loved turkey when I was younger, but now as a vegetarian who mostly eats vegan, I wanted something savory and robust that could still act as a main dish. I have used [this recipe for a vegan turkey roast](#) with many variations, including stuffing it with [this vegan stuffing mix](#) (just make sure to prepare with vegan alternatives, such as oil instead of butter). Want a vegan roast but don't want to make it? Try finding one of [Tofurky's plant based roasts or feasts](#)- the website features a "find a store" option so you can plan your shopping trip.



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)

UPCOMING DATES

November 5: [Diwali Event Celebration, 4-8pm, Leach Theatre](#)

November 8: National STEM Day

November 8: [First Generation College Celebration Day](#)

November 8: [First Generation Miner Q&A Session](#)

November 11: Veterans Day

November 16: Great American Smokeout

November 19-26: Thanksgiving Break Begins

November 20: Transgender Day of Remembrance

November 23: Thanksgiving Day

November 24: Native American Heritage Day

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.

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