What are your thoughts?

BY SHERRY GRABLE, DIRECTOR OF HEALTH PROMOTION AND WELLNESS

We hope you have been enjoying the weekly issues of the KSU Health and Well-Being newsletters. The newsletter is used to inform students of all the health and well-being resources that are available to you virtually. We would love to hear from you so please let us know your thoughts by completing this brief survey!


This newsletter is brought to you by

Health Promotion and Wellness
Department of Sports and Recreation
Center for Young Adult Addiction and Recovery
Counseling and Psychological Services
CARE Services
In this time of uncertainty, resilient KSU students are finding ways to cope. Like many fellow students, Will Ard, a Graduate Student Assistant and MSW & MBA Candidate, turns to video games for entertainment while sheltering-in-place. Rather than just playing the latest installment of Animal Crossing, Will used his music production background to mash up the 12:00 PM Animal Crossing theme and the Police’s Message in a Bottle. He then took samples from K.K. Slider’s voice (Animal Crossing’s popular musician), pitched them to a MIDI keyboard, and performed a duet as if K.K. Slider and Phil Collins (Earth’s popular musician) were singing together.

As for why he was inspired to do this, Will shared, “...Animal Crossing: New Horizons is a game about developing community from scratch. At the start, all that’s available to players are a few strangers, a tent, and an empty, deserted island. Over time, players get to know the people (well technically they’re animals) around them, their home, and the strange, uncharted territory they’ve been thrust into. I paired audio from the game with a song about being a castaway who finds others sharing the same experience. All of this is paired with the very real social isolation our society is going through as we scramble to find some sense of communal normalcy amidst this pandemic.”

Click on the following link to watch Will’s project: https://bit.ly/AnimalPolice

Students, faculty, and staff submitted their pictures and videos to showcase how they were pausing and relaxing with their pets. Check out the video!
Nutrition Counseling
Counseling includes meeting one-on-one with a registered dietitian to discuss concerns. If interested, please email tpham25@kennesaw.edu to make a screening appointment.

In case you missed it...
Check out these fueling snack combinations from our Smart Snacking flyer to help finish the semester strong! Snacks not only give you the energy your body needs between meals, but they also help with the mental clarity you need to study for finals.

COOKING CORNER

BANANA BREAD

Ingredients
- 3 ripe bananas
- ½ cup butter, melted
- ½ cup sugar
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- salt, to taste
- 1 ½ cups all-purpose flour
- Optional: walnuts/pecans or mini chocolate chips

Directions
1. Preheat the oven to 350 degrees F. Grease a loaf pan or coat with nonstick spray and set aside.
2. In a large bowl, add bananas and mash until smooth.
3. Add in melted butter and stir until well combined.
4. Add sugar, egg, vanilla, baking soda, salt, and flour, and stir until the batter is smooth.
5. Add in chocolate chips or nuts (optional) and pour batter into prepared loaf pan. Top with additional chocolate chips or nuts.
6. Bake for 50 minutes to an hour, or until a toothpick comes out clean. Cool completely before serving. Enjoy!

COME SIT WITH US!
Enjoy a supportive virtual lunch hour on Friday, May 1 from 12-1 pm to share how you are coping with remote learning. Hosted through Teams by Health Promotion and Wellness registered dietitian, Trang Pham, and Collegiate Recovery Program Coordinator, Jessica Medovich.
Open to all KSU students. RSVP Required. To register: jnm4706@kennesaw.edu or tpham25@kennesaw.edu
The 17th Annual Daffodil Dash 5K is going virtual! Complete a 5K anytime between now and May 4th to be eligible to earn your very own Daffodil Dash 5K T-shirt (while supplies last)! Complete this mileage at your own pace and anywhere you can - outside, on a treadmill or on a track. Send proof of your completion of 3.1 miles (snap a photo or show us on your activity tracker)! Share on social, send us a direct message or send us an email to sports_recreation@kennesaw.edu. Please remember to include your KSU ID number, Net ID and affiliation (student, faculty or staff). Once we are able to operate safely, we will have the shirts available for pick up. An email will be sent to your KSU account with pick up information.

Join Outdoor Adventure's challenges on Strava and support each other's quarantined activities with a kudos or a friendly wave on the trails. Complete our activity challenges to stay active during closures. You choose the activity. Log your ride, run, hike, walk in Strava. The goal is to accumulate the most time exercising between now and May 4th.

Are you sitting more during this remote learning time? Take a few minutes to recharge with this quick exercise routine which can be done all from your desk chair! Resistance band recommended, but not required!
MENTAL HEALTH

Get the Sleep of Your Dreams

The National Sleep Foundation shares many tools that can be modified depending on your lifestyle. Remember to be kind to your eyes and body during exam week and resist the urge to pull an all nighter! Getting the sleep of your dreams will provide a clear mind to help you ace those finals!

1. Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.
2. Practice a relaxing bedtime ritual.
3. If you have trouble sleeping, avoid naps, especially in the afternoon.
4. Exercise daily.
5. Evaluate your room. Your bedroom should be cool, free from light, and also be free from any noise that can disturb your sleep.
6. Sleep on a comfortable mattress and pillows.
7. Use bright light to help manage your circadian rhythms. Avoid bright light in the evening and expose yourself to sunlight in the morning. This will keep your circadian rhythms in check!
8. Avoid alcohol, cigarettes, and heavy meals in the evening. Alcohol, cigarettes and caffeine can disrupt sleep.
9. Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading.
10. If you can’t sleep, go into another room and do something relaxing until you feel tired.
11. If you’re still having trouble sleeping, don’t hesitate to speak with your doctor or to find a sleep professional.

Center for Young Adult Addiction and Recovery Meetings

The CYAAR is hosting virtual AA meetings on Tuesdays at 12:30 pm
Click here for Zoom Meeting.
Meeting ID: 622 201 179
Password: 093267

The CYAAR is hosting virtual EDA meetings on Wednesdays at 6:30 pm
Click Here for Zoom Meeting.
Meeting ID: 695 949 293
Phone: 646-876-9923

The Center for Young Adult Addiction and Recovery offers counseling services for students in recovery and to those recovery curious students struggling with substance misuse and process dependency (gambling, eating disorders, gaming). We allow students to explore change.

For additional information, please email recovery@kennesaw.edu.

Counseling and Psychological Services is providing Telemental Health. For additional information please visit
https://counseling.kennesaw.edu
EXERCISE YOUR MIND

Student Health Services: Our Health & Well-Being Partner

Student Health Services is open regular business hours: 8:30am - 5pm Monday - Friday at all 3 locations. Call ahead for appointments 470-578-6644 or use the MyChart app. Clinic visits as well as virtual and tele-health visits are available to meet individual student needs. Patients only, no visitors are permissible in the clinics at this time. Our patient’s safety is top priority. All patients as well as our team are screened upon entry to our clinics.

For the latest COVID-19 updates visit: https://coronavirus.kennesaw.edu/

Financial Hardship

The Emergency Assistance Program is designed to support students in overcoming unforeseen hardships hindering their successful academic progress. Consideration for the support is the last resort option after all other applicable financial aid awards and/or community resources are exhausted. Funds can cover school expenses such as tuition and fees, textbooks, lodging, and meals.

https://financialhardship.kennesaw.edu/

NY Times Quiz

Click here to test your knowledge of the week’s headlines!

Check back next week for the answers!