#KSUCampFromHome

Outdoor Adventures hosted the #KSUCampFromHome weekend, May 15-17! This weekend encouraged everyone to set up a campsite in their home, deck or yard! You can still have an adventure while staying at home! Try it out this weekend for a fun, new activity without having to travel!
HEALTHY HAPPENINGS

Do you have a passion for wellness? Do you want to improve the health and well-being of students on campus? Join our team of Peer Health Educators and enhance your leadership skills, improve your public speaking skills, and meet like-minded students with a passion for a healthier campus. **Apply today!**

CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY IS OFFERING VIRTUAL NALOXONE TRAINING!

Naloxone is used to reverse opioid overdose. KSU community members who would like to be trained in how to identify an opioid overdose, how to administer Naloxone, and be provided a free Naloxone kit can sign up for free training. Naloxone kits will be mailed to KSU community members who are located in Georgia. Kits will also be available to be picked up when campus resumes in-person classes for those who complete virtual training. To sign up, please visit Owl Life or search "naloxone" on Owl Life.

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TEST YOUR ALCOHOL IQ ON INSTAGRAM STORIES

Bring water safety into your home! Water safety is not just for pools - be safe on, near or around the water. Bring water safety into your home with these online learning tools. Lessons structured for youth and adults with new lessons brought to you each week May - June 2020! Lessons are based on the American Red Cross's Whale Tales program. This week's lesson will be "Reach, Throw or Don't Go!"
FRUIT NINJA!
Did you miss the Healthiest Fruits to Slice Into Nutrition Workshop video? Rewatch the video here.

COOKING CORNER

Greek Pasta Salad Recipe

Ingredients
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon honey
- 2 teaspoons garlic, minced
- 6 cups whole wheat pasta, cooked
- 1 pint cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 2 cucumbers, sliced
- 4 oz feta cheese, crumbled
- 1/4 cup Kalamata olives, sliced
- 1/4 cup oregano, chopped

Directions
1. In small bowl, combine olive oil, red wine vinegar, honey, and garlic to make the dressing. Set aside.
2. In large bowl, add remaining ingredients and toss together with the dressing and enjoy!

TOTAL TIME: 30 MINUTES
SERVINGS: 6
SOURCE: TASTY

BE YOUR OWN TOP CHEF

The Amazing Benefits of Preparing & Eating Meals at Home!

HEALTH BENEFITS
- Contributes to an overall healthy diet
- Helps to increase fruit and vegetable consumption
- More control over ingredients and portion sizes

EMOTIONAL/SOCIAL BENEFITS
- Relieves stress, improves mood, fulfills creativity
- Bonding time with family and friends
- Adds joy to your life-inside and out!
During a time when social distancing is the norm, let’s come together digitally through fitness. The 2020 Recreation Movement is about staying active together, even when we’re apart! With leadership from NIRSA, students, faculty, university staff and alumni are able to participate in online workout classes from more than 60 different colleges and universities across the country. Digital fitness and recreation are great ways to have people connect, engage and stay healthy during these uncertain times.

Sign up with your KSU email account to gain access and start logging your activity!

ADVENTURE ANYWHERE CHALLENGE
Together we are strong. We have set a goal to reach 2,020 hours of collective activity time. You choose the activity, log your ride, run, hike, or walk in Strava. We will provide updates each week on where we are adventuring as well as how many hours we have contributed as a community. To have your activity count, join the Outdoor Adventures Strava Club.

ONLINE PERSONAL TRAINING
Keep healthy and strong even in your own home with OwlFit’s Online Personal Training. Online personal training is available to all Sports and Recreation members including students, faculty, staff, and alumni offering a one-on-one experience and a fully supported virtual fitness journey. All training sessions are performed live through Microsoft Teams or other compatible video chat platforms. Your trainer will hold you accountable, encourage you, support you, and educate you through every virtual session.

OwlFit Online Small Group Coaching Program
Join an OwlFit Online Small Group Coaching Program to transform your body and conquer your health & fitness goals! Our small groups ensure you get the team support and motivational coaching you need to make your goals a reality! Classes will run from June 1-June 26! Two groups will be offered in June: Strength Training for Women and Core & Flexibility! Registration is $20 and will close on May 28. For more information, visit our website.
CPS is offering a virtual workshop designed to help KSU students deal with the COVID-19 pandemic and quarantine and the impact they are having on our lives. The informal, open workshop addresses anxiety and depression symptoms that might arise, including feelings of sadness, loneliness, confusion, low motivation and difficulty concentrating. The workshop will provide an overview of good self-care habits that will help students improve your thinking, sleeping, time management and approach to academic work. It is being offered repeatedly in an interactive framework where students will have the opportunity to ask questions and get answers. Go to OwlLife and enter your NetID and password for details.

Managing Anxiety and Depression During COVID-19

a webinar hosted by Counseling and Psychological Services

COPING THROUGH COVID-19

TELE-WORKSHOPS

Exercise.

Stay active! Exercise is great for your overall health, but physical activity also releases endorphins, which will decrease your stress levels and help to improve your mood.

Fuel your mind.

Certain foods are known to boost your memory, mood, and increase your alertness. Try incorporating more dark leafy greens, fatty fish, and nuts into your diet. Check out our “What’s on the Menu for Finals?” infographic for more information.

Take time for yourself.

Schoolwork is important, but it is also important to carve out some time for yourself. Make time to do something that you enjoy and to relax!

Manage your time.

One of the best ways to limit stress and have a great semester is to properly manage your time. Try writing down all your due dates in a planner or putting them in your phone and mark ==. It also helps to keep a to-do list.
The CYAAR is hosting virtual Alcoholics Anonymous meetings on Tuesdays at 12:30 pm
Click here for Zoom Meeting.

The CYAAR is hosting virtual Eating Disorder Anonymous meetings on Wednesdays at 6:30 pm
Click Here for Zoom Meeting.

Please note, per Georgia Law, students who are under the age of 18 will need parent or guardian consent to receive counseling services.

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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://emergencyassistance.kennesaw.edu/

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

Last week’s answers
1. Protein
2. Calorie
3. Carbohydrates
4. Saturated
5. Liquid
6. Protein
7. Dietary Fiber
8. Variety

Check back next week for the answers!

Take our newsletter survey

Free Public Wifi
and at home resources to stay connected.

May 26, 2020

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls
wellctr@kennesaw.edu.