



Emotional



Environmental



Financial



Intellectual



Occupational



Physical



Social



Spiritual

WELLNESS and PREVENTION SERVICES

Appalachian State University, Division of Student Development

February 2017

Creating Success in Relationships

The spring semester is in full swing and students are back in habit of classes, projects, and presentations. While it is important for students to maintain their intellectual wellness, social wellness is also a key pillar in a student's ability to thrive at Appalachian. Social wellness employs a student's ability to interact and engage with those around them. Here are some ways that students can activate their social wellness in a positive way:

- 1. Establish Healthy Relationships:** It is important to respect the needs of others while finding value in each other's differences.
- 2. Employ Effective Communication:** Social media has improved the speed of communication. However, messages can be misinterpreted via text and technology creating a barrier to effective communication. Take time out of your day to engage in face-to-face conversations with friends. Establish a direct dialogue instead of a cryptic chat.
- 3. Create a Support System:** Establish your Appalachian Family! Identify a campus mentor and meet with them regularly. Take the opportunity to share your struggles as well as your successes with them. Also, Appalachian offers over 300 registered clubs! Align yourself with a group of likeminded peers that you can reach out to.



Saray Smalls, MPH, CHES
Coordinator for Student Wellness

A Mountaineer's Guide to Social Wellness

- 1. Engage with peers, friends, family, and the Boone community**
- 2. Explore new cultural experiences through the arts and/or festivals**



Wellness Center Staff (L-R) Alex F. Howard, Ben Asma, Elisabeth Cavallaro, Janna Lyons, Renee Porter, and Jerrin Kollick

February Happenings

Wellness Educator Program

As an extension of the Department of Wellness and Prevention Services, the Wellness

Educators for Change, Advocacy, and student Needs (WE CAN) work to positively

impact student wellness at Appalachian State University by: empowering peers to

change health behaviors, working as an advocacy group for student wellbeing, and addressing student needs to promote and protect healthy lifestyles. WE CAN Applications will be open from February 15th to March 12th. Visit our AppSync Page for more information.

If you have any questions or concerns, please contact Saray Smalls, Wellness Coordinator for Student Programs, at smallsts@appstate.edu.

Sit Down Sundays

Receive FREE coffee, donuts & t-shirt by participating in a 50-minute focus group session.

Topics include: finance, nutrition, physical activity, and interpersonal violence.

Sign up by emailing Nicole Fynn

At fynnp@appstate.edu

February Events

On going: Focus groups

**Feb. 2nd through 23rd:
Koru**

**Feb. 6: Grocery Store Tour
@ Walmart— 3:30 p.m.**

**Feb. 7: Wellness
Jeopardy @ 5 p.m.**

**Feb. 9: WPS open house
11 a.m.—2 p.m.**

**Feb. 19: WE CAN applica-
tions
become
Available via APPSYNC**

**Feb. 20: Peer Coaching
begins**

**Feb. 21: Film Screening
with Audrie & Daisy,
5:30 p.m.—8 p.m.**

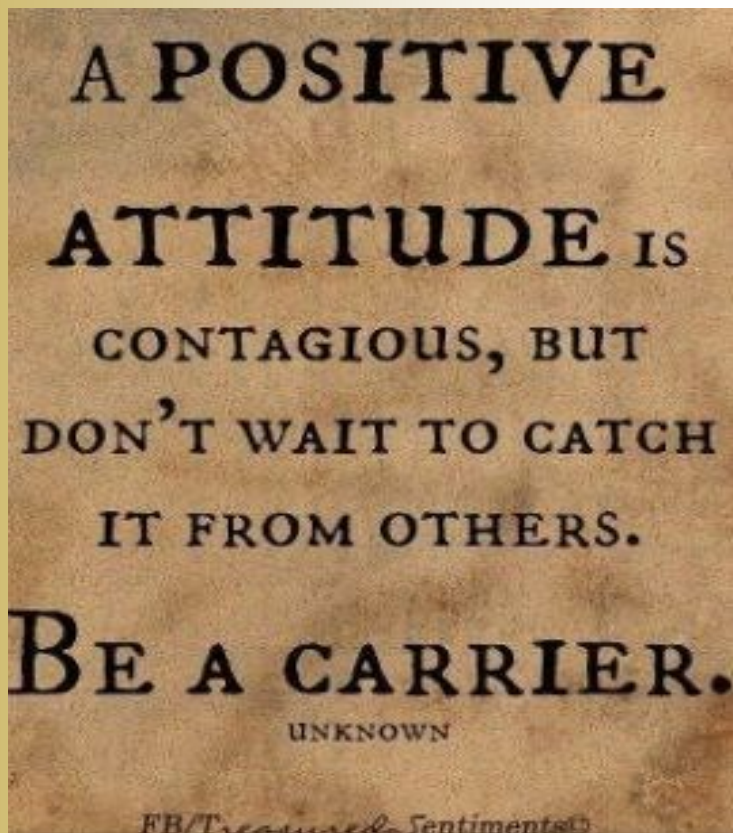
**Feb. 24: Grocery store
tour @ Walmart, 3:30
p.m.**



Intern Spotlight: Jamal Peters

Major: Health Promotion

Jamal has utilized his intern opportunity to assist the Department with focus groups as well as engage in the development of a health promotion research project. A native of Chapel Hill, NC, you can find Jamal at work in The Office of the Dean of Students, interning in the Wellness and Prevention Services office, or drinking coffee at Stick Boy.



Contact Us

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