



Emotional



Environmental



Financial



Intellectual



Occupational



Physical



Social



Spiritual

WELLNESS and PREVENTION SERVICES

Appalachian State University, Division of Student Development

November 2016

Navigating Thanksgiving Break

Thanksgiving is right around the corner, and with it comes a five day weekend. Many students will leave town to visit family. This time with family can be both fun and stressful. Here are some tips to get you through those stressful moments:

- 1) **Have a support system ready.** Know which friends won't mind a text or phone call over the break and let them know in advance that you may reach out to them.
- 2) **Engage in self-care.** When you start feeling stressed out, go do something you enjoy. Color, read, write or listen to music. Make sure you get plenty of sleep, exercise, and eat.
- 3) **Get out of the house.** Sometimes a change of scenery is just what you need to lift your mood. Go for a walk, go to the movies or visit old friends.

Wellness and Prevention offers a 4 week stress management class. Visit our AppSync page for more information.



Elisabeth Cavallaro, MPH, CHES
Coordinator for Student Mental Wellness

A Mountaineer's Guide to Stress Management

1. Try meditation, yoga or tai chi. Plenty of free guided videos are available on YouTube.
2. Exercise. Physical activity produces endorphins, which help you feel good.
3. Get plenty of sleep. Aim for 7-9 hours of sleep every night.
4. Make sure you are eating, but avoid junk food. Go for fruits and veggies instead.
5. Find time to engage in your hobbies and interests.



Wellness Center Staff (L-R): Alex F. Howard, Ben Asma, Saray Smalls, Janna Lyons, Ellen Grulke, and Renee Porter

NOVEMBER WELLNESS

HAPPENINGS

Discussion Circles

In the fall of 2015 the Department engaged in a campus wide wellness assessment. Data gathered during this process provided invaluable insight regarding the prevalence of health-related behaviors and experiences among students at Appalachian.

This year the Department will embark on phase two of the wellness assessment, engaging in small focus groups with students. Through these focus groups it is our hope to better understand the risk factors and root cause of select health behaviors and experiences that influence how well students function at Appalachian State.

Sign up to join any of our 12 discussion circles & get **free** stuff! Help us provide better services!

Contact:
Nicole Fynn

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NOVEMBER EVENTS

Guided Meditations

**Mondays, 10-11am
Tuesdays, 11am–12pm**

Koru Mindfulness Retreat

Nov. 13, 1-5pm

Suicide Prevention Trainings

**Nov. 14 and 16, 6-8pm
Nov. 15, 2-4pm**

Grocery Store Tours (Walmart)

Nov. 28, 4-5pm



Summary of Services Rendered To-Date

Direct Client Services (Nutrition Counseling, Mental Health and Addictions Counseling)

- 701 student contacts

Health Promotion Outreach

- 6,480 student contacts

Wellness Professionals in Training



Cheri Spriggs, B.A.

Graduate Counseling Intern

Major: Clinical Mental Health Counseling, with an Addictions Certificate

I am passionate about reducing the stigma associated with mental health services. In particular, I want to focus on reducing recidivism rates in jails and prisons by advocating for individuals to have more access to services. My passion for the counseling field, and for substance related work, is a personal connection to individuals who have battled addiction. The journey to sobriety is often hard fought, and it is amazing to see the difference it can create in a person's life.



Priya A. Ford, senior c/o 2017

Wellness Educator for Change, Advocacy, and student Needs (WE CAN)

**Major: Psychology
Minor: Exercise Science**

There are many opportunities to become involved on campus to improve leadership qualities and my role as a peer educator has been no exception. Leading presentations regarding stress management and mental health has given me a unique opportunity to not only learn about my peers but also give them guidance based on my experiences throughout my time at Appalachian.



Contact Us

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