



Emotional



Environmental



Financial



Intellectual



Occupational



Physical



Social



Spiritual

WELLNESS and PREVENTION SERVICES

Appalachian State University, Division of Student Development

March 2017

Spring is Coming

As we prepare for the warmer months ahead, this time of the semester is full of great excitement for spring break and increased stress with midterms and projects. Additionally, we may have many feelings about the quickly approaching end of the semester, final exams, and graduation. As the light at the end of the tunnel approaches, we are better off having a plan of how to cope with many transitions and decisions we will endure. A key factor in the ability to cope with life's challenges rests on the skill to make informed decisions. Consequences from alcohol and other drug use remain more significant and harmful than students and/or parents realize, whether someone engages in such use or not. The ability to navigate college is challenging, and we are here to assist students and parents in that challenge by way of education, skill building, counseling, and referral services. Here are some tips to get you started:

* Counseling is an opportunity to take a class on yourself in an environment with someone who is informative, nonjudgmental, objective, confidential, and supportive. All services are free.

* A supportive environment is one where you do not endure direct or indirect peer pressure to engage in harmful behaviors. Being in a high-risk environment increases the risk of negative consequences due to alcohol and other drug use.

* Practicing self-care and engaging in sober forms of entertainment reduces stress, in turn reducing the risk of engaging in alcohol or drug use to manage difficult challenges and emotions.

For more information, please contact Ben Asma at (828) 262-3148 to schedule a meeting or consultation.



Ben Asma, Assistant Director

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, Saray Smalls, Elisabeth Cavallaro, Janna Lyons, Renee Porter, and Jerrin Kollick

March 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 food & 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

March Events

**March 8th, 7 pm,
Condom fashion show**

**March 26, 1-5 pm 1/2 day
of mindfulness retreat, Blue
Ridge Ballroom**

**March 27, 3-5 pm,
Suicide Prevention
Training**

**March 28-29th
Mindfulness class
registration**

**March 28, 2-6pm,
Interfaith prayer table,
solarium foyer**

**March 28, 6:30-8:30 pm,
4th annual suicide
remembrance night,
Solarium**

**March 29, 6-8 pm
Mental health
monologues in
whitewater cafe**

**March 30, 3:30-4:30 pm,
Rethink Trivia: How to
talk about suicide on
social media**

**On going:
Focus groups,
individuals and group
signups welcome!**

**WE CAN applications
extended until March 15**

Intern Spotlight: Justin Parks

Senior year Nutrition major



Justin is a member of WE CAN. He gives presentations, runs contact tables, and communicates the importance of self-care to students. Justin is involved in sexual wellness, also. He tries his best to remove any stigmas around sex by encouraging people to have open and honest talks about condoms, dental dams, and lubricants. Justin also dresses up as the Condom Fairy to promote sexual health resources available at Wellness and Prevention Services.



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