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| WELLNESS & PREVENTION SERVICES | | |  |  | | JANUARY NEWSLETTER |
|  |  | | SPRING 2019 |
|  |  | Welcome back!  Talk about cold weather here in the high country! Bundle up, but make sure you’re still getting your physical activity in for your health! Check out our SRC, Quinn, or Mt. Mitchell fitness centers on campus to see how you can stay fit while it’s too cold to venture outside. | |
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| Financial Wellness Month January is Financial Wellness Month! Financial Wellness is an aspect of one’s overall wellness; we’re all familiar with the anxiousness that comes with bills or tax season. Feeling this anxiousness all the time isn’t great for our wellbeing. Here are some tips to help ease that nervousness from money; 1) Know your expenses; If you don’t know what you’re spending money on, you won’t know why it seems to disappear so fast! Keep track of your spending from your bank’s mobile or web app. 2) Create a budget and stick to it; Budgeting doesn’t have to be daunting. After examining your expenses, see what costs can be cut ($5 Starbucks each day) and what has to stay (rent). 3) Keep an eye on your credit; Paying bills on time and in full help improve your credit score, bringing you to a healthier state of financial security later on. | | |  |
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| *Fast  Fact* |  | Was your News Year’s resolution to read more? Try to beef up your intellectual wellness by playing crossword puzzles! A growing body of evidence suggests that crossword puzzles may benefit your brain, providing a "workout" for the mind, making it stronger. Some studies have shown that doing crosswords regularly may delay the loss of memory among those with dementia by more than 2.5 years! | | | | |

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| |  | | --- | | Winter Blues | | High Country Winters aren’t exactly known for their sunny skies. The elevation of Boone, in addition to our usually darker-winter days, can severely affect our body’s production of Vitamin D. This vitamin is essential for bone health, immune system function, and our neuromuscular system functions.       Not getting enough vitamin D can lead to feeling sluggish, unmotivated, and just downright weak. Consider taking a supplement of  Vitamin D during  your time in the  high country! | | |  | | |  | | --- | | Peer Educator Updates | | Applications for our peer educator groups are open! If you are interested in—or know someone who might be!—joining our Wellness Educators for Change, Advocacy, and student Needs, apply on AppSync (or at the link below).  <https://orgsync.com/91194/forms/345548> WECOACH (Wellness Educators Creating Opportunities and Casting Hope) is also accepting members! There is no interview required for this group; apply on AppSync. | | | |  | |  | | --- | | Student Highlight | | Braxton Thompson is a senior double major in Criminology Deviance and Law, and Film Studies. She has been a part of Red Flag for three years and has served in an executive board position for two! She is currently interning with the Wellness and Prevention Department. She hopes to bring more visibility to the Red Flag Campaign on campus and in the community, in addition to revamping the Tiered Training System. Braxton says her favorite part of being in Red Flag is people’s willingness to learn about a topic that not many discuss openly. Her favorite event is  ‘Take Back the Night’; an event open to the public spotlighting sexual assault awareness and how our campus community is here to help. | | |
| January Events | | | | | | | | | |
| - Koru Mindfulness Classes  Beginning January 24th  Sign up on AppSync! | | | | | | | | | |
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| Link | Website: | | | Receiver | Contact: | Email | | | Email: |
| wellness.appstate.edu | | | 828.262.3148 | prevention@appstate.edu |



**What’s happening   
in Wellness?**