WELCOME BACK, VIRTUALLY!

As you know, in person classes will not begin until Feb 1, but Wellness and Prevention Services is still providing services and events. We encourage you to step out of your comfort zone and find ways to engage with the university.

Setting Goals

Have you made any new year resolutions? During the beginning of a new year or new semester setting goals and expectations for yourself can be a great way to get yourself motivated. It’s important to set realistic goals that are applicable to your life. Here are some tips using the SMART goal guide. Want more help with goal setting? Schedule an appointment with WE COACH at wellness.appstate.edu/we-coach

- Make your goal specific, broad goals can seem unachievable.
- Set a time frame you wish to have your goal completed
- Identify how you are going to achieve your goal
- Set a goal that has significance and meaning to you
DECLUTTER YOUR SPACE TO DECLUTTER YOUR MIND

Studies have shown that a clean, tidy space can decrease feelings of anxiety and depression, improve sleep, and increase individual productivity! Cleanliness and organization have also been linked to individuals making healthier food choices and increased physical activity. It's easy to neglect things such as laundry and dishes when we are going through challenging times. Feeling out of control of our lives can bring us down, and while we can't control some parts of our lives (such as the pandemic), we can control our space.

Think of cleaning and organizing as less of a chore and more as an act of self care! Here are some tips to help you create a routine and declutter your space.

- Start by creating a list of things you wish to organize or clean
- Separate this list into daily tasks, weekly tasks, or long-term projects. For example: cleaning the dishes may be a daily task, cleaning the toilet may be a weekly task, and going through your clothes to get rid of old ones may be a long-term project.
- Set a time/day to complete your tasks.
- Make sure everything you own has a spot! After you use something put it back in its designated place.
KORU Mindfulness classes:
- Registration for Spring 2021 mindfulness classes are up! KORU is a 4-week course about meditation and mindfulness techniques. Classes are live online classes.
- Kick off your new semester with mindfulness! These classes have been shown to help with stress, improve sleep, increased focus, and less self-judgment.
- See the schedule of classes and register at: wellness.appstate.edu/koru-mindfulness

AppEats
- AppEats is an interactive cookbook created by students. Find recipes that are inexpensive, easy, and perfect for college students.
- Cooking your own food is a great way to save money and improve your health. If one of your new years’ resolutions was to eat out less or consume more fruits & veggies, this is a great resource for you!
- Download the cookbook and submit your own recipes at: wellness.appstate.edu/pages/mith/133

website: wellness.appstate.edu
instagram: appstate_wellness
tiktok: wellness.appstate