

# #BeWellGSU

## Dear Georgia State University Student:

We have moved our Integrated Health Services and outreach online. We are practicing social distancing but we know well-being requires social connections.

These opportunities are provided by our Integrated Health Team: The Counseling Center \* Mind Body Clinic \* Nutrition Services \* Student Health Clinic \* Student Health Promotion \* Student Victim Assistance \* Recreation Services

**Please find below the services we are offering this week (June 1<sup>st</sup> - 5<sup>th</sup> ). Also, check out our BeWellGSU Youtube videos from previous weeks.**

You can also reach out and follow us online via our social media handle, @BeWellGSU and our hashtag #BeWellGSU on Facebook, Instagram, and Twitter. We look forward to seeing you out in the virtual world.

To stay more connected with our programs & services, we encourage you to go to <https://pin.gsu.edu/organization/bewellgsu>, Sign In, and click the Join button.

## Counseling Center

To support students, the Counseling Center is available virtually. If you have a concern about your mental health, please call 404-413-1640 to consult with a staff member or make an appointment. After hours the counselor on-call can be reached for crisis consultation by calling 404-413-1640 and following the prompts. For those students who have already come into the Counseling Center for support please check your Georgia State email for service updates and additional resources regularly.

*Outreach activities will also be taking place @BeWellGSU on Instagram, Twitter, and Facebook along with Teams.*

- **This Monday @ 10am on @BeWellGSU Instagram TV:** [Peaceful Morning Meditation](#). Join us at the start of your week with a morning meditation lasting 5-10 minutes. This week the meditation will focus on reflecting on a positive future.
- **Tuesday: BeWellGSU YouTube Video:** [Take Care of Yourself Tuesday](#). The use of art and creativity to help students de-stress.
  - Up this week: our doctoral intern will show you how to create paper snowflakes.
- **Thursday: Thankful Thursday:** **@BeWellGSU Instagram** post to help you use gratitude to cope with COVID-19.
- **Thursday @ 3 p.m. @BeWellGSU Instagram live** [Walk with Wellness](#). Take a virtual walk with a Graduate Assistant from the Counseling Center & spend some time connecting in nature.

## Mind Body Clinic- Panther Pause

Mindfulness is paying attention to the present moment, on purpose, without needing it to be any other way. In other words, it's living with **an intention, to purposefully pay attention to the present, with an attitude of curiosity and kindness**. Living mindfully allows for greater well-being of mind and body. **Mindfulness** is developed through the practice of mindfulness meditation. In the Mind-Body Clinic, we offer classes, groups, workshops and retreats to teach and support the cultivation of **mindfulness**.

*Outreach activities will also be taking place @BeWellGSU on Instagram Live and @Panther Pause.*

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- **Mondays @ 12pm & 6pm on Instagram Live:** [#MindfulnessMondayGSU](#). The Mind-Body Clinic Coordinator will lead a live meditation.
- **Thursdays @ 6pm on Instagram Live:** [Meditation](#). The Mind-Body Clinic Coordinator will lead a live meditation.

## Nutrition Services

During this chaotic time, it's important to take care of your health and wellness, so we plan to continue offering nutrition services to our students. To promote the safety of our students and staff, we'll be moving all nutrition appointments to our TeleHealth format (meeting remotely via video conferencing). In-person appointments won't be available at this time. All future appointments will be scheduled via TeleHealth until further notice.

*Outreach activities will also be taking place @BeWellGSU on Instagram, Twitter, and FaceBook.*

- **Fridays on Instagram:** [#FoodieFriday](#). Check out the nutrition tips offered by Leslie Knapp, Assistant Director of Nutrition Services.

## Student Health Clinic

The Atlanta Student Health Clinic is currently open and operational to respond to the needs of students from all campuses. However, we are cancelling or rescheduling non-acute appointments for the rest of the semester such as well visits, annual exams, physicals, etc., in order to reserve our services for urgent needs, such as students who have an illness or injury, and to encourage social distancing. Please call us at 404-413-1930 to determine if you can be seen by telehealth, or if you should come into the clinic. Please visit [Coronavirus Update](#) for information on Georgia State's COVID-19 response. For students with the Student Health Insurance Plan, please visit [USG COVID-19 Student Health Resources](#) page for information on free resources available to you.

## Student Health Promotion

**The HIV/STI Testing program is not offering in-person testing on campus at this time.** Please contact community partners to get tested:

<https://www.aidatlanta.org/testing>

<https://www.greaterthan.org/campaigns/lets-talk-about-HIV-testing/>

[https://gettested.cdc.gov/search\\_results?location=30303](https://gettested.cdc.gov/search_results?location=30303)

*Outreach activities will also be taking place @BeWellGSU on Instagram, Twitter, and FaceBook along with Teams.*

- Join us every Monday at 2pm on BeWellGSU Instagram Live for the #MondayMile walk - a short walk to help embrace the benefits of physical activity in conjunction with #HealthyMondayGSU
- Join us for Wellness Wednesday at 1 p.m. & 6 p.m. on BeWellGSU Instagram.

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## Student Victim Assistance

We are here to help students. Student Victim Assistance offers crisis intervention, advocacy and support for students. Student Victim assistance can assist students to determine their options and provide information related to their experience, even if they have no idea what they need or what they intend to do, which is a normal response to trauma. Students who seek victim assistance services are not obligated to pursue criminal or university charges. Students who would like more information or would like to schedule an appointment to speak with Student Victim Assistance staff can call 404-413-1965. Staff also are here to help students who have experienced any type of recent or past victimization regain a sense of control over their traumatic experience, so that they may resume their academic and personal pursuits. Student Victim Assistance can help students who know someone who has been victimized or would like to learn more about student victimization.

*Outreach activities will also be taking place @BeWellGSU on Instagram, Twitter, and FaceBook along with Teams.*

Take a moment to read the newest [web article on the Student Victim Assistance website](#) to learn more about the celebration of life of a crime victim and the resources available to Georgia State University students.

- **Join Student Victim Assistance for a Coffee Chat Tuesdays** at 10:30 a.m. on BeWellGSU Instagram live. Also, watch previous episodes of [Student Victim Assistance Coffee Chats](#) on the BeWellGSU YouTube channel to learn about resources and support for students that are victims and survivors of crime.

## Recreational Services

### Weekly Schedule

#### Schedule (6/1).

##### Monday

11 a.m. - Movement Monday - Mountain Climber

1 p.m. – **Group Fitness from Home**

Circuit Training

3 p.m. – Coach's Corner - In home workout

**Stay tuned for Summer programming beginning June 8!**

Visit our Engage Every Day page (<https://recreation.gsu.edu/engage-every-day/>) or follow @gsurecreation on social media for our daily updates, workouts, resources, and more.