

#BeWellGSU

Dear Georgia State University Student:

We have moved our Integrated Health Services and wellness programs 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 * Nutrition Services * Student Health Clinic * Student Health Promotion * Student Victim Assistance * Recreation Services

Please find below the wellness services we are offering (March 1-31st). Also, check out our BeWellGSU YouTube Channel for 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.

Healthy State March: Safer Break with Self Care

Our focus for March is Safer Break and Self Care.

A Safer Spring Break with Self-Care is the focus for the month of March. The Counseling Center will lead a virtual vacation beach meditation and share YouTube videos for #TakeCareOfYouGSU Tuesday to help students reduce stress and increase self-care. Student Health Promotion will be sharing highway safety information during observational seat belt checks on each campus, new [YouTube](#) videos to ensure correct use of safer sex supplies, and sleep tips to help prevent drowsy driving [#SleepWellGSU](#). Online health screenings, to promote the awareness of excessive gambling behaviors, through Mindwise will be available throughout the month [#MindWiseGSU](#)

Activities:

Seat Belt Checks and Spring Break bags:

Decatur Campus: Monday March 1, 10 a.m. – 12 p.m.

Dunwoody Campus: Tuesday March 2, 10 a.m. – 12 p.m.

Atlanta Campus: Wednesday March 3, 1 p.m.

Alpharetta Campus: Thursday March 4, 11 a.m. – 1 p.m.

Clarkston Campus: Tuesday March 9, 1 p.m. – 3 p.m.

Newton: Wednesday March 10, 1 p.m. – 3 p.m.

Student Health Promotion in collaboration with the Georgia Governor's Office of Highway Safety will lead the [#GamePlanGSU](#) seat belt checks – a time to record the high rate of seat belt use on campus and also give away a safe spring break bag to everyone (bags will include information associated with highway safety, [#PounceOnJoy](#) coloring books, & inspirational messages from the Counseling Center).

Tuesday March 9: Decorate your own face mask. Join the Counseling Center and learn how to decorate your own face mask to foster more self-love. Video airs at 6 a.m. and can be viewed anytime thereafter on the [BeWellGSU YouTube Channel](#), the [#TakeCareOfYouGSU](#) playlist.

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Monday March 15th at 10 a.m. The Peaceful Place Beach Meditation will focus on a virtual vacation meditation on a Caribbean beach. Join the Counseling Center Graduate Assistants on BeWellGSU Instagram live or watch the recording later on IGTV.

Week of March 15th Spring Break Virtual Vacation Scavenger Hunt. Students will be encouraged to get outside and find things we post on BeWellGSU Instagram for a chance to win a #PounceOnJoy t-shirt. Follow #HealthyStateGSU on Instagram to learn what things to find (e.g. deer footprint).

Tuesday March 16: Make a mindfulness jar to reduce stress. Join the Counseling Center to foster more self-love. Video airs at 6 a.m. and can be viewed anytime thereafter on the [BeWellGSU YouTube Channel](#), the #TakeCareOfYouGSU playlist.

Friday March 19th Join Nutrition Services for Foodie Friday. Take a virtual food vacation by joining Nutrition Services to learn how to make a Caribbean dish on BeWellGSU Instagram Live at 11 a.m. or watch the recording later on IGTV.

The 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.

Weekly Activities:

- **Mondays @ 10am on @BeWellGSU Instagram TV:** [Peaceful Morning Meditation](#). Join us at the start of your week with a morning meditation.
- **Mondays at 2:30 p.m. Journal Time Live** happens throughout the month of March on BeWellGSU Instagram Live. Follow [#JournalTimeGSU](#) for other dates, times, & prompts.
- **Tuesday: BeWellGSU YouTube Video:** [Take Care of Yourself Tuesday](#). Learn how to use art and creativity to help you de-stress.
 - A different video each week. Such as: Learn how to make your own Mandala coloring page, Painting rocks with words of healing, or paint a rainbow.
- **Thursday: Thankful Thursday:** [@BeWellGSU Instagram](#) post to help you use gratitude to cope with COVID-19.
- **Thursday @ 11 a.m. (new time) @BeWellGSU Instagram live** [Walk with Wellness](#). Take a virtual walk with our graduate assistant & spend some time connecting in nature.
- **Sunday: Pounce on Joy:** [@BeWellGSU Instagram](#) post messages of hope to inspire you.

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Nutrition Services

Whether you want to improve your food choices, transform your relationship with food, address specific health concerns, support general wellness, or are in need of short-term food support, Student Nutrition Services has you covered!

We offer free virtual individual nutrition counseling and nutrition education to support your health and wellbeing. Visit nutritionservices.gsu.edu for more information or to schedule an appointment with one of our dietitians. Check out our outreach activities on @BeWellGSU, @Diningsu, @sustainablegsu, @pantherspantry via Instagram, Twitter, and Facebook.

Panther's Pantry

Georgia State University has Panther's Pantries located at Atlanta, Decatur, Dunwoody and Clarkston Campuses. Our pantry locations are operated by students, and each distribute food, hygiene, and additional products to students. Our mission is to alleviate the stress associated with short-term food insecurity and supporting the GSU community by effectively reducing hunger and improving student success.

To provide additional support to students, Panther's Pantry will be placing food bins in common areas at all GSU campuses (Alpharetta, Atlanta, Decatur, Dunwoody, Clarkston, and Newton) starting in February.

As always, students currently enrolled at GSU can access any of our four pantry locations weekly to receive food and hygiene bags. For more information visit Instagram, Facebook, and Twitter @pantherspantry or visit our website: <https://pantry.gsu.edu/>.

Theme: National Nutrition Month & Nourish and Support Panther's Pantry

Panther's Pantry Pop Ups – Panther's Pantry will be hosting in-person tabling to distribute care packages and food bags.

Atlanta Monday 3/8/21 1:00pm – 4:00pm

Dunwoody Wednesday 3/10/21 1:00pm – 4:00pm

Clarkston Thursday 3/11/21 1:00pm – 4:00pm

Decatur Friday 3/12/21 11:00am – 3:00pm

National Nutrition Month: Planning Weekly Meals

When: Monday 3/8/21 @ 6:00pm

Where: Instagram Live – @PantherDining & @pantherspantry

Details: Join Panther Dining and Panther's Pantry to celebrate National Nutrition Month, as we plan to discuss tips to planning your weekly meals.

Spring Break Virtual Vacation

When: Friday 3/19/21 @ 11:00am

Where: Instagram Live – @bewellgsu

Details: Join us for a Virtual Vacation Caribbean Food Demonstration

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Global Recycling Day

When: Thursday 3/18/21 @ 5:00pm

Where: Instagram Live – @sustainsgu

Details: Sustainability will be showing how to recycle cans into herb planters

The 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.

COVID-19 Testing

Georgia State University continues to offer free saliva-based testing to all students, faculty and staff. The test is expected to return results within 72 hours, and no appointment or medical referral is required.

On the [Atlanta campus](#) testing is available Monday to Friday from 9 a.m. to 4:30 p.m. at multiple locations, including within University Housing (see website below for location and times). [Perimeter College](#) testing is also available Monday to Friday from 9 a.m. to 4:30 p.m. at Clarkston, Decatur, and Dunwoody campuses, at Alpharetta from Monday to Thursday, and at Newton on Mondays and Tuesdays. For full information and details, visit the [testing website](#).

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

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

Monday Mile #HealthyMondayGSU: Join us every Monday at 11am on BeWellGSU Instagram Live for the Monday Mile walk - a short walk to help embrace the benefits of physical activity.

Wellness Wednesday: 1 p.m. and 6 p.m. each week meet with members of our student health promotion team to discuss health and wellness information, upcoming events, and resources. Live @BeWellGSU Instagram.

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[Journal Time Live](#) happens throughout the month of March on BeWellGSU Instagram Live. Follow [#JournalTimeGSU](#) for dates, times, & prompts.

All Month:

- Check out the [BeWellGSU YouTube](#) channel for some [#WeGotYouCoveredGSU](#) videos, a series of videos to help students understand what is in a safer sex kit, the benefits of the items in the kits, and some thoughts to dispel common myths associated with the safer sex items.
- Request a [safer sex kit](#). Student Health Promotion is distributing condoms and other safer sex supplies to students through mail delivery service, available to students living on campus and within the Continental United States.
- Log onto [TogetherAll.com](#) for online peer-to-peer support for your mental health. Register using your student email.
- Complete an anonymous online [mental health screening with MindWiseGSU](#) to check your behaviors associated with substance use and get resources.

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.*

Virtual Walk-In hours with Student Victim Assistance: Wednesday, March 10, 2021, and March 24, 2021 at 1pm.

The Student Victim Assistants will be available to answer questions and schedule follow-up appointments during virtual walk-in hours - every other Wednesday.

3/10/2021

Shortened URL for 3/10/2021: <http://bit.ly/2YTJwy9>

Or call in (audio only)

[+1 470-705-2716,,828539252#](tel:+14707052716828539252) United States, Atlanta

Phone Conference ID: 828 539 252#

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Recreational Services

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.

March 1

Zumba

12-12:30pm

Aerobic/Dance Studio

Student Recreation Center

March 25

Stretch and Flow

5:30-6:15pm

Studio B

Student Recreation Center

March 5

Golf Tournament

12 – 4:30 p.m.

John A. White Golf Course

March 25

Belay Clinic

5-7:30pm

Climbing Wall

March 8

Circuit Training

5:30-6:15pm

Aerobic/Dance Studio

Student Recreation Center

March 9

Core Conditioning

12-12:30pm

Aerobic/Dance Studio

Student Recreation Center

March 17

Reb3l Groove

6-6:30pm

Aerobic/Dance Studio

Student Recreation Center

March 21

Hang Gliding

Time: TBA

Rising Fawn, GA

March 23

POUND

5:30-6pm

Studio B

Student Recreation Center