Dear Georgia State University Student:

We have moved some of our Integrated Health Services and wellness programs online. We are practicing social distancing, but we know well-being requires social connections, therefore some of our programs will be in person and some will be online. These opportunities are provided by our Integrated Health Team: The Counseling Center * Nutrition Services * Student Health Clinic * Student Health Promotion * Student Victim Assistance * The Access and Accommodations Center * Recreation Services.

Please find below the wellness programs and services we are offering (April 1-30th). Also, check out our BeWellPanthers YouTube Channel for videos and playlists from previous weeks.

You can also reach out and follow us online via our social media handle, @BeWellPanthers and our hashtag #BeWellPanthers on Facebook, Instagram, and Twitter. We look forward to seeing you in person and out in the virtual world. To stay more connected with our programs & services, we encourage you to go to https://pin.gsu.edu/organization/bewellpanthers and click the Join button.

Healthy State:

Destress:
April Healthy State is all about de-stressing; that is, managing the positive and negative stressors related to the end of the academic year. Each campus will host a DeStressFest for students to enjoy some down time during finals preparation #DeStressFestGSU

Go to Be Well Panthers PIN page or visit https://counselingcenter.gsu.edu/student-wellness-programming/destress-fest/ for campus specific details:

- April 18 Decatur
- April 19 Newton
- April 20 Alpharetta & Clarkston
- April 25 Dunwoody
- April 26 Atlanta

Try Yoga at Center Parc stadium: Destress Fest: Yoga @ The Stadium
4/26/22 @ 9:45am-11am.
Check out the Be Well Panthers Online Magazine for relevant articles #BeWellPanthersMagazine:

- Let go of stress with this mindfulness strategy for a truly relaxing summer
- Exams got you stressed? Try this 30-second mindfulness technique

Ask the professor: “How do you deal with burnout from school and work stress?”

**The Counseling Center**
To support students, The Counseling Center (CC) 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

Wellness programs will also be taking place @BeWellPanthers on Instagram, Twitter, and Facebook along with Teams.

**Weekly Virtual Activities:**
- **Mondays @ 10am on @BeWellPanthers Instagram TV:** [Peaceful Morning Meditation](#). Join us at the start of your week with a morning meditation.
- **Tuesday:** [BeWellPanthers YouTube Video](#): [Take Care of Yourself Tuesday](#). Learn how to use art and creativity to help you reduce stress.
  - A different video is featured each week. Such as: Learn how to make your own Mandala coloring page, Painting rocks with words of healing, or paint a rainbow.
- **Wednesdays at 4 p.m.** [Journal Time Live](#) happens throughout the month @BeWellPanthers Instagram Live or as a post on @BeWellPanthers with a journal prompt. Follow #JournalTimeGSU for dates, times, & prompts. Listen to relaxing music and connect with yourself through journaling.
- **Thursday:** [Thankful Thursday: @BeWellPanthers Instagram post](#) to help you use gratitude to cope with stressors including COVID-19.
- **Friday @ 11 a.m.** [BeWellPanthers Instagram live](#) [Walk with Wellness](#). Take a virtual walk with our graduate assistant & spend some time connecting in nature.
- **Sunday:** [Pounce on Joy: @BeWellPanthers Instagram post](#) messages of hope to inspire you.
This Month:

- **April 13th**: As part of Sexual Assault Awareness Month, The Counseling Center and Student Victim Assistance will lead Art with Impact: You Don’t Know My Story Sexual Assault Prevention and Awareness event from 1-3 p.m. SCW room 468. An event with a series of short films created by students about sexual assault followed by a discussion. Grab a snack with us and have a great discussion.

- **April 26th**: Atlanta Campus De-stress fest. Student Center East Lobby from 11 a.m.-1 p.m. Come de-stress with us. There will be pizza, painting, and other stress reducing activities.

- **Collegiate Recovery Community (CRC)**: is a space for students in substance use recovery. The CRC offers workshops and weekly meetings at Student Center West room 482. Visit @panthersrecover or counselingcenter.gsu.edu/collegiate-recovery for more details.

More Resources to Support You:

- **Togetherall**: Log onto TogetherAll.com for anonymous online peer-to-peer support that is monitored by a counselor to keep the community safe. Register using your GSU student email.

- **PantherStrong**: Want to learn how to **Build your resilience with PantherStrong in just 5 minutes a day?** Download the **Free “Driven” app** from the Google or Apple Store. Your Health and Wellness access code is: PORAJE. Take a 4-minute resilience check and then begin building your resilience.

- **Kognito**: Want to learn how to talk to someone who is in distress and connect them to the support they need? **Kognito** is a virtual platform that simulates conversations to help you learn how to assist a friend who is struggling. Go to **Kognito** and use the enrollment key: gsustudents. Select launch: **“At Risk Mental Health for Students”** to get started.

**Student Health Promotion:**

If you are a first-year student, that started in January, please complete part 2 of AlcoholEdu and SAPU before April 25, 2022. Please email ttturner58@gsu.edu if there are questions or concerns. First year undergraduate students received an invitation to complete part 2 of AlcoholEdu and Sexual Assault Prevention for Undergraduates (SAPU) beginning Monday, March 21, 2022. Part 2 of each course is only sent when part 1 of the course has been completed. Part 2 takes about 15 minutes to complete, and student completion is important to Georgia State University.
Student Health Promotion programs are listed on the BeWellPanthers Health & Wellness PIN page.

Weekly programs on @BeWellPanthers Instagram Live include:

#MoveItMondayPanthers a Monday Mile walk or other movement ideas at 11am on BeWellPanthers Instagram Live - to help embrace the benefits of physical activity, at all levels.

#WellnessWednesdaysGSU: Join us every Wednesday at 11am on BeWellPanthers Instagram Live for different health topics with a health educator from Student Health Promotion.

April 6, 2022. Join Us for Wellness Wednesdays as we discuss the Healthy State theme for this month which is Stress Less/Destress. Our goal is to help provide each other some tools to continue to work toward feeling more balanced within each wellness dimension. Self-care is all about doing things that are within your control to help get you in a mindset where you will be more able to reach your goals. PIN attendance: https://bit.ly/31MaoVy

April 13, 2022 The topic of the week is GOHS: Distracted Driving Awareness Month During the Wellness Wednesdays as part of the Governor’s Office of Highway Safety (GOHS) grant, the department of Student Health Promotion will be collaborating with the Georgia State University police to educate students about protective behavioral strategies related to distracted driving and campus safety. PIN attendance: https://bit.ly/31LBDQn

April 20, 2022 The topic of this week is Earth Day: Community Garden environmental wellness is all about taking care of your environment and that includes the environment that you usually live in or reside in. Students will learn through the Wellness Wednesday live session about the location and resources that the Georgia State University Community Garden offers. PIN attendance: https://bit.ly/3yd9cXK

April 27, 2022 The topic of this week is De-Stress for Finals. We will go over tips and services available to students to practice self-care and positivity during finals week. Students will learn about virtual engagement activities through Wellness Wednesdays to help balance their busy lives to become successful students. PIN attendance: https://bit.ly/3IxIptR

Check out the newest articles on the #BeWellPanthersMagazine:

- Did you know April is Distracted Driving Awareness Month?
- Feeling the stress of the end of the semester? Check out the Health State programming
- What is stress? And how #TogetherAllGSU can help
Nutrition Services
Ready to conquer your health goals? Student Nutrition Services provides nutrition counseling and nutrition education for students.
Individual nutrition counseling with a registered dietitian is free to students! You and your dietitian will work on reaching your nutrition and wellness goals.
Our Healthy Habits group nutrition classes and presentations cover a variety of nutrition topics and can be customized to your needs!
For more information, visit our website nutritionservices.gsu.edu.

For Healthy Habits tips, recipes and more check out our TikTok @gsuhealthyhabits and YouTube GSU Healthy Habits.

Mindful Movement with Melissa
4/12/22 @ 4:00pm
IN-PERSON: Student Center West, Room 482
All levels are welcome, please bring a mat if available - we have extra mats if needed.
VIRTUAL: Instagram Live @bewellpanthers
Catch the replay on Instagram: @bewellpanthers or YouTube: GSU Healthy Habits
Join us every 2nd Tuesday of the month from 4-5pm as a Registered Dietitian and Certified Yoga Instructor leads you in an hour-long yoga session. Relax, unwind, and tune with this mindful movement yoga class.
Watch later on YouTube @ GSU Healthy Habits

Mindful Eating Mondays
Monday 4/4/22, 4/11/22, 4/18/22, 4/25/22 @ 12:30pm
VIRTUAL: Instagram Live @bewellpanthers
Join us every Monday in April with your favorite snack as a Registered Dietitian leads you in a mindful eating exercise.
Watch later on YouTube @ GSU Healthy Habits

Healthy Habits Group Nutrition Class
Wednesday 4/13/22, 4/20/22, 4/27/22 @ 11:30am
VIRTUAL: Microsoft Teams
April Theme: Sports Nutrition Education (Learn about fueling/hydrating, nutrition and performance, meal periodization)
Starting Every 2nd Wednesday of the month, Student Nutrition Services will cover a variety of general nutrition and wellness topics. Each month we explore a different theme such as sports nutrition, mindful eating, portion control, improving food choices and much more. Each class is 60 minutes. Students are able to attend one class per month.
Sign-up through nutritionservices.gsu.edu
**Destress Fest: Yoga @ The Stadium**  
4/26/22 @ 9:45am-11am  
In Person: Center Parc Stadium  
VIRTUAL: Instagram Live @bewellpanthers  
*Come and join us in the sun ON THE 50 YARD LINE at Center Parc Stadium for a Destress Fest Yoga Class. Beginner friendly with advanced options. Let’s Flow and Chill! Bring a yoga mat, water bottle and towel. We will have extra yoga mats if needed. RSVP early we have limited spots!*

*Rain or Shine Event. Will be covered if raining. Transportation: Panther Express Bus (Blue Route)*

Watch later on YouTube @ GSU Healthy Habits

**Foodie Friday Live Food Demo**  
4/15/22 @ 12:00pm  
VIRTUAL: Instagram Live @bewellpanthers  
*Every Friday, Student Nutrition Services provides new recipes featuring a variety of ingredients. Our live food demo for April is a Red Pepper Hummus! A great source of plant protein that can be a quick, easy and affordable snack!*

Watch later on YouTube @ GSU Healthy Habits

**DiningGSU**  
Date: TBA  
VIRTUAL: Instagram Live @dininggsu  
Topic: TBA  
Watch later on YouTube @ GSU Healthy Habits

** Panther’s Pantry**  
**Budget Bites Recipe Demo**  
Date: 4/12/22  
VIRTUAL: Instagram @pantherspantry  
Each month, Panther’s Pantry features a recipe demo with budget friendly ingredients found in Panther’s Pantry!  
Watch later on YouTube @ Panther’s Pantry

**The Student Health Clinic**  
Did you know that April is Sexually Transmitted Disease awareness month? According to the CDC, there are 20 million new Sexually Transmitted Infection cases in the U.S. every year. STIs are widespread, yet many people are unaware they have one because they have no symptoms. STDs, on the other hand, can have major health effects if they go unnoticed and untreated. Untreated chlamydia or gonorrhea, for example, can put a woman at risk of developing pelvic inflammatory disease, which can lead to infertility. This month, The Student Health Clinic is drawing attention to the importance of STI & STD testing. Having sex is a choice, and so is
staying healthy. Say “yes” to a test. The Student Health Clinic is open and offering FREE HIV & STI testing, as well as safe sex supplies. Visit online or call 404-413-1930 to schedule an appointment.

Student Victim Assistance

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 is also 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.

Student Victim Assistance programs are listed on the BeWellPanthers Health & Wellness PIN page.

Weekly programs on BeWellPanthers YouTube include:

**Student Victim Assistance Virtual Coffee Chats:** Every Tuesday at 10:30 victim/survivor a new - Student Victim Assistance Coffee Chats are released on BeWellPanthers YouTube. The short videos focus on the resources available to Georgia State University students that have been victims/survivors of any type of crime – on or off-campus – at any time. Bi-weekly programs on BeWellPanthers YouTube.

Dates include:
- 4/5-https://bit.ly/3gQfNPR

**Student Victim Assistance Self-Care for Trauma Survivors:** Every other Wednesday at 10:00 am a brief Instagram Live segment is hosted by Student Victim Assistance. The purpose is to discuss self-care, trauma, important tips, and resources for trauma survivors at Georgia State University. Complete information is on PIN for the following dates: April 6 & 20, 2022

**Student Victim Assistance Virtual Walk-in Hours:** Every other Wednesday dial-in 10:00 to 11:00 am on Microsoft Office Teams. Connect through a Team link or a dial-in phone number to connect with a Student Victim Assistant advocate to pose any questions, comments, or concerns, that you or a loved one may be currently facing. Once a student is connected, they will be placed in a virtual waiting room until an advocate admits them into a private virtual meeting. Students will have 15 minutes to meet with the advocate. After the meeting, students will have the opportunity to schedule a follow-up appointment for a longer duration of time: April 13 & 27, 2022
Special Events:

April 13, 2022. **April is Sexual Assault Awareness Month.** Student Victim Assistance in collaboration with the Counseling Center and The Office of the Dean of Student presents Art with Impact: Sexual Assault Prevention & Awareness. The event involves the viewing and discussing of three short films addressing topics surrounding Sexual Assault Awareness. Learn about resources to support students. **Where:** 468 Student Center West  **When:** April 13, 2022  **Time:** 1p-3p

***For more information on Sexual Assault Awareness month please visit: [https://www.nsvrc.org/saam](https://www.nsvrc.org/saam)

Access and Accommodations Center

The Access and Accommodations Center has moved! Our new location is Student Center East, Suite 304.

If you are a first-year student or a transfer student who has previously received classroom accommodations and are interested in receiving accommodations at GSU, you would register with our office. Where to start? [Here](#)

If you are a returning student already registered with our office, please remember AACE is now using Accessible Information Management (AIM) system to send your accommodation letter to your instructors, schedule your exams, send you emails/notifications, and manage your file in general. Please contact your Access Coordinator if you have any questions regarding your accommodations.

Recreational Services

Did you know that exercise can help boost your mood and lower stress? Check out the great programming we have for you this month at Recreational services:

- **April 1**
  - Singles Golf Tournament
  - 10:30am
  - Browns Mills Golf Course

- **April 5**
  - Hello Spring Yoga
  - 3 – 4 p.m.
  - Indian Creek Recreation Area
  - Lawn/Patio

- **April 8**
  - Lead Climbing
  - 9am-12pm
  - Climbing Wall
  - Student Recreation Center

- **April 13**
  - Battleship Tournament
  - 4:30pm
  - Lap Pool
  - Student Recreation Center

- **April 14**
  - Backcountry Cooking
  - 12-1pm
  - Pool Patio
  - Student Recreation Center

- **April 20**
  - Yoga for Stress Relief
  - 3:30 – 4:30 p.m.
  - Martial Arts Studio
  - Student Recreation Center
April 21
Field Day
4-7pm
Center Parc Stadium

April 22
12-2pm
Outdoor Art & Craft
Pool Patio
Student Recreation Center

Visit our website (https://recreation.gsu.edu/) for full schedule, registration and more information. Follow @gsurecreation on social media for our daily updates, workouts, resources, and more.