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 (March 1- 31st). 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:
A Safer Spring Break with Self-Care is the focus for this month. The Counseling Center will lead a virtual vacation and share YouTube videos for #TakeCareOfYouGSU. Student Health Promotion will be sharing highway safety information during observational seat belt checks on each campus, latest videos to ensure correct use of safer sex supplies, and sleep tips to prevent drowsy driving #SleepWellGSU. Online health screenings, to promote awareness of excessive gambling behaviors, through Mindwise online health screenings will be available throughout the month #MindWiseGSU

Go to Be Well Panthers PIN page for campus specific details:

- March 7th Decatur & Dunwoody
- March 8th Newton
- March 9th Alpharetta & Clarkston
- March 10th Atlanta
Check out the Be Well Panthers Online Magazine for relevant articles #BeWellPanthersMagazine:

- Seven ways to make this your best spring ever
- What’s your STI-Q? Everything you want to know about STIs
- What alcohol actually does to your sleep cycle

**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 Counseling Center for support please check your Georgia State email for service updates and additional resources regularly.

*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.
- **Thursday: Thankful Thursday: @BeWellPanthers Instagram post** to help you use gratitude to cope with 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:**

- **March 10th:** Healthy State March 2022: Safer Spring Break event location room 217 Student Center East from 11 AM – 1:00 PM. Learn how to destress and have a safer Spring Break.
• **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:**

First year undergraduate students will receive an invitation to complete part 1 of AlcoholEdu and Sexual Assault Prevention for Undergraduates (SAPU) beginning in February 2022. As part of a comprehensive health and program, Georgia State University expects each incoming student to complete SAPU and AlcoholEDU. Please complete part 1 of AlcoholEdu and SAPU before March 22, 2022. Please email tturner58@gsu.edu if there are questions or concerns.

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. Please complete part 2 of AlcoholEdu and SAPU before May 1, 2022.

**Weekly programs on @BeWellPanthers Instagram Live include:**

#MoveltMondayPanthers 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.

**March 3, 2022**

The theme for this week is Healthy State of Mind our goal today is help provide each other some tools to continue to work towards feeling more balanced within each wellness dimension. Self-care is all about doing things that are within your control to help you get you in a mindset where you will be able to accomplish your goals. PIN Attendance: https://bit.ly/3GqY8Jl
March 9, 2022
The Healthy State topic of the month is GOHS: Safer Spring Break 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 GSU police utilizing social media to promote student engagement and to educate students about protective behavioral strategies related to high-risk drinking. PIN Attendance: https://bit.ly/3rPAv9b

March 23, 2022
The theme for this week is Get Tested: Safer sex and the purpose of the live event is to educate students about our condom distribution program and to learn about strategies to prevent HIV and Sexually Transmitted Infections (STIs) through barrier methods, abstinence, and testing. PIN Attendance: https://bit.ly/309W1tQ

March 30, 2022
Next month is Sexual Assault Awareness Month and the purpose of the live event is to educate students on the signs of healthy and unhealthy relationships, campus and online resources for students. Students will be encouraged to use #WellnessWednesdaysGSU to share what they learned about healthy relationships. PIN Attendance: https://bit.ly/3Iz5IU6

Check out the newest articles on the #BeWellPanthersMagazine:
- Certified Health Education Specialist Exam
- How to Get More Deep Sleep
- March: Safer Spring Break with Self-Care #HealthyStateGSU

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
Tuesday 3/8/22 @ 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

**Healthy Habits Group Nutrition Class**
Wednesday 3/2/22, 3/9/22, 3/23/22, 3/30/22 @ 11:30am
VIRTUAL: Microsoft Teams
**March Theme:** National Nutrition Month (We will discuss meal prep/planning, portion control, myplate)

**Starting Every 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](http://nutritionservices.gsu.edu)

**Foodie Friday Live Food Demo**
Friday 3/11/22 @ 12:00pm
VIRTUAL: Instagram Live @bewellpanthers

Every Friday, Student Nutrition Services provides new recipes featuring a variety of ingredients. Our live food demo for March will feature a Green Smoothie! Quick, easy, affordable, healthy and delicious!
Watch later, on YouTube @ GSU Healthy Habits

**PantherDining**
**Plant-Based Showcase**
Wednesday 3/23/22 @ 12:00pm – 3:00pm
In-person at Patton Dining Hall

*PantherDining is hosting a taste test for students to vote on their favorite plant-based items. Top picks will be added to the menus!*
Details and event recap @ GSU Healthy Habits and @dininggsu (Instagram, Twitter, Facebook)

**Panther’s Pantry**
**Budget Bites Recipe Demo**
Thursday 3/15/22 @ 5:00pm
VIRTUAL: Instagram @pantherspantry

Each month, Panther’s Pantry features a recipe demo with budget friendly ingredients. This week we will be featuring a Brown Rice and Sweet Potato Hash food demonstration using items found in Panther’s Pantry!
Watch later, on YouTube @ Panther’s Pantry
The Student Health Clinic

If you could spend one hour each year doing one thing to improve your health, would you do it? Most of us certainly would. Well, that is what you are doing every time you have your annual physical. Spending one hour of your time refining your wellness plan can help to ensure that you enjoy optimal health at every stage of your life.

Unfortunately, many people skip their annual checkup thinking if they are not sick, then there is no need to go to the doctor. Here at the Student Health Clinic, we want to demonstrate why having an annual physical and is one of the best ways to stay healthy, no matter what age you are.

Benefits of an Annual Visit:
1. Diagnose medical conditions in their earliest stages
2. Identify disease risk factors
3. Receive preventive care
4. Reduce risks from existing conditions
5. Learn healthy behaviors
6. Improve quality of life

At the Student Health clinic, we want to take care of you when you are sick and when you are healthy to keep you that way. During an annual physical, students can get a physical exam, receive age, and gender appropriate screening and labs, update immunizations, and create a health prevention plan with a provider. Prevention can address multiple issues including, but not limited to, mental health concerns, diet and physical activity, weight, sexual and reproductive health, cholesterol, and blood pressure.

In addition to physical wellness, the Student Health Clinic collaborates with the Counseling Center to provide clinical management of common mental health issues that our students face including depression and anxiety. We emphasize the importance of managing mental health conditions with not only medication but also with therapy.

Students can call 404.413.1930 to schedule an appointment or click on the link to schedule online at https://health.gsu.edu/about/

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 10:30am 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 a victim / survivor of any type of crime – on or off campus – at any time. Bi-weekly programs on BeWellPanthers Instagram Live include: 3/1, 3/8, 3/22, 3/29

**Student Victim Assistance Self-Care for Trauma Survivors:** Every other Wednesday at 10:00am a brief Instagram Live segment 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: March 9th & 23rd, 2022

**Student Victim Assistance Virtual Walk-in Hours:** Every other Wednesday 10:00am to 11:00am 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: March 1st & 8th, 2022

**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
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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>March 7</td>
<td>Breaststroke Stroke Development Clinic</td>
<td>5:30-6:30 p.m.</td>
<td>Lap Pool Student Recreation Center</td>
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<tr>
<td>March 10</td>
<td>Top Rope Belay</td>
<td>5:30-7:30 p.m.</td>
<td>Climbing Wall Student Recreation Center</td>
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<td>March 15-16</td>
<td>Spring Break: Horseback &amp; Waterfall Adventure</td>
<td>Ocoee Horse Ride Charleston, TN</td>
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<tr>
<td>March 18-19</td>
<td>Spring Break: Savannah &amp; Deep Sea Fishing</td>
<td>Tybee Island Savannah, GA</td>
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<td>March 22</td>
<td>Learn to Log-Roll Clinics</td>
<td>5:30-6:30 p.m.</td>
<td>Lap Pool Student Recreation Center</td>
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<tr>
<td>March 24</td>
<td>Kayak Roll Clinic</td>
<td>4:00-6:30 p.m.</td>
<td>Lap Pool Student Recreation Center</td>
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Visit our website ([https://recreation.gsu.edu/](https://recreation.gsu.edu/)) for full schedule, registration and more information. Follow @gsurecreation on social media for our daily updates, workouts, resources, and more.