



# Be Well Panthers

The support you need to succeed at Georgia State.



ISSUE: October 2022

## Dear Georgia State University Student:

We have some great wellness program opportunities which 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 (October 1<sup>st</sup> - 31st). Also, check out our BeWellPanthers YouTube Channel for videos and playlists from previous weeks and our BeWell.GSU.Edu online magazine for health and wellness articles.**

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 October: Self-Care for Panthers:

College students experience stress related to academics, social connection, chronic disease, and traumatic events. Throughout the month we will focus on ways for students to practice self-care on a regular basis to reduce stress and enhance overall well-being. Self-care is a broad concept which encompasses taking care of oneself (e.g., sleep hygiene, regular physical activity, regular health screenings), connecting socially (e.g., healthy vs unhealthy relationships), eating a well-balanced diet, and managing stress in healthy ways (e.g., avoiding alcohol & other drugs, engaging in meditation). Use #HealthyStatePanthers to spread the word about how self-care can benefit Panthers' academic success.

What can you do for self-care?

- Watch a brief [YouTube about sleep hygiene](#) and complete a [Kahoot](#) quiz to win swag



#BEWELLPANTHERS

[bewell.gsu.edu](http://bewell.gsu.edu)



- Follow [#SleepWellPanthers](#) all month for sleep hygiene tips from the BeWellPanthers team members
- Watch the [#WeGotYouCoveredPanthers YouTube](#) to learn how to get tested for HIV at Georgia State University & order a Safer Sex kit
- Complete a [MindWise online mental health screening](#) to check in on your general wellbeing along with screenings related to depression, anxiety, alcohol, and drugs [#PanthersMindWise](#)
- Go to [Be Well Panthers PIN page](#) for campus specific, in-person, Healthy State event details to create your own self-care kit

## The Counseling Center

The Counseling Center (CC) is available virtually and in person to support students. 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.

*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 : #TakeCareofYouPanthers.** BeWellPanthers YouTube channel video. Learn how to use art and creativity to help you reduce stress.
  - Check out our library of videos. Such as: Learn how to make your own Mandala coloring page, Painting rocks with words of healing, or paint a rainbow.
- **Tuesdays at 3 p.m. [Journal Time Live](#) happens throughout the month.** @BeWellPanthers Instagram Live or as a post on @BeWellPanthers with a journal prompt. Follow #JournalTimePanthers 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 @ 10 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:

- **QPR Training: Question, Persuade, & Refer:** [October 4<sup>th</sup>](#) 3 p.m. – 4:30 p.m. in SCE 218; [October 27<sup>th</sup>](#) 11 a.m. – 12:30 p.m in SCE 217. Register through the [BeWellPanthers PIN page](#).



- **National Depression Screening Day:** We will have Depression Screening Day on **October 6<sup>th</sup>** from **12 p.m.-1 p.m.** in SCE Lobby. Free screenings will be available as well as resources to support you. Make your own self care kit with Student Health Promotion.
- **Healthy State Self-Care:** Stick with us through the month for tips on practicing self-care through sleep hygiene, screenings, and more. This will include free depression screenings on October 6<sup>th</sup> & make your own self-care packs, live programming on our [Instagram](#), [YouTube](#), and [TikTok](#), and stress balls at the Homecoming Golf Cart parade!
- **Live journaling for a best night's sleep:** Airing **October 4<sup>th</sup>** live on our [Instagram](#).
- **Meditation for Better Sleep:** Airing **October 10<sup>th</sup>** live on our [Instagram](#).
- **Need to reduce stress?** Visit our BeWellPanthers [YouTube](#) channel for the **#TakeCareofYouPanthers** Video: Let's Make Lanyard Keychains, airing on **October 24<sup>th</sup>**.

#### More Resources to Support You:

- **Togetherall:** Log onto [TogetherAll.com](https://www.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.
- **Collegiate Recovery Community (CRC):** is a space for students in substance use recovery. The CRC offers workshops and weekly meetings **on Wednesdays and Fridays from 5-6 p.m. at Student Center West room 482. Visit @panthersrecover or [counselingcenter.gsu.edu/collegiate-recovery](https://counselingcenter.gsu.edu/collegiate-recovery) for more details.**
- **Test Anxiety Meditation Video: Need help with test anxiety?** Try this [video](#) to help reduce test anxiety made by one of our counselors.

## Student Health Promotion:

Weekly programs on [@BeWellPanthers](#) Instagram Live include:

- **#HealthyMondayPanthers** a Monday Mile Walk or other Movement for about 15 minutes - to help embrace the benefits of physical activity.
- **#WellnessWednesdaysPanthers:** Join us every Wednesday at 11am on BeWellPanthers Instagram Live for different health topics with a health educator from Student Health Promotion.



- [Wednesday, October 5](#): During this live event we will educate students on the Red Flag campaign and learn about the signs of healthy and unhealthy relationships.
- [Wednesday, October 12](#): Pedestrian Awareness Month provides an opportunity to discuss Pedestrian Safety on Campus as part of the Governor's Office of Highway Safety (GOHS) grant. The GSU Police Department will be part of the conversation. The programs and activities related to this grant have been proposed with purposeful consideration to the mission of the GOHS.
- [Wednesday, October 19](#): Learn more about safer sex supplies available through the #WeGotYouCoveredPanthers condom distribution program.
- [Wednesday, October 26](#): Let's talk about the resources available related to food insecurities on campus.

Check out the newest articles on the #BeWellPanthersMagazine or the BeWellPanthers PIN page:

- [#HealthyStatePanthers October: Panthers, Pause for Self-Care](#)
- [October is Pedestrian Safety Month #PanthersGamePlan](#)
- [Learn about the #YesToConsentPanthers campaign at Georgia State University](#)

## Nutrition Services

**Student Nutrition Services** provides nutrition, wellness and short-term food support to students at Georgia State University.

Our Healthy Habits programming offers:

- Individual Nutrition Counseling
- Group Nutrition Classes
- Group Nutrition Presentations
- Food Demonstrations
- Nutrition Education & Outreach Events

For more information on programs & events, or to schedule an appointment visit our website: [nutritionservices.gsu.edu](http://nutritionservices.gsu.edu) and follow us on TikTok and Instagram @gsuhealthyhabits.

**Panther's Pantry** provides short-term food & hygiene support to the Georgia State Community. Students, faculty and staff in need can visit 1x/week to receive 1 food + 1 hygiene bag.

For more information on programs & events, or to schedule a pickup appointment, volunteer or donate visit our website: [pantherspantry.gsu.edu](http://pantherspantry.gsu.edu) and follow us on Instagram, Facebook and Twitter @pantherspantry.gsu.edu.

Student Nutrition Services & Panther's Pantry events for October:

### **Mindful Movement with Melissa**

Wednesday 10/5/22 @ 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 for our monthly yoga session from 4-5pm as a Registered Dietitian & Registered Yoga Teacher 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 10/12/22@ 11:30am

VIRTUAL: Microsoft Teams

October Theme: Meal Prep/Planning (Learn about budget friendly grocery tips & how to

*Once a 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](https://nutritionservices.gsu.edu)

### **Healthy Habits Yoga Flow w/ NCEG National Collegiate Entertainers Group**

Monday 10/17/22 @ 12:00pm-1:15pm

Atlanta Campus - Student Center West, room 468

Join Student Nutrition Services for a Healthy Habits Lunch & Flow 60 min nutrition and yoga class. This class will start with a 30 min medium intensity yoga flow to stretch, strengthen, and de-stress; followed by 30 mins lunch & learn nutrition class.

***Featuring live music from performers of National Collegiate Entertainers Group: Noa Freeman***

***\*RSVP Required\****

***\*Lunch will be provided\****

### **Foodie Friday Live Food Demo**

Date: TBD

VIRTUAL: Instagram Live @bewellpanthers

*Every Friday, Student Nutrition Services provides new recipes featuring a variety of ingredients. Our live food demo for October is*

Watch later on YouTube @ GSU Healthy Habits





## Panther's Pantry

### Budget Bites Recipe Demo

Date: 10/5/22; 10/12/22; 10/19/22;10/26/22

VIRTUAL: Instagram @pantherspantry

Each Wednesday, Panther's Pantry features a recipe demo with budget friendly ingredients found in Panther's Pantry!

Watch on Instagram @ pantherspantry

## The Student Health Clinic

**Holds:** If your registration hold is not immunizations related, please contact GSU Admissions office at 404-413-2000 for further help.

Students seeking an excused absence because of illness or quarantine should submit documentation of medical need to the Office of the Dean of Students through the online form located at: <https://deanofstudents.gsu.edu/student-assistance/professor-absence-notification/>. Instructors will be notified by the Dean of Students office staff and students will not need to submit any paperwork to individual professors. Faculty will be prepared to accommodate students who are required to go into quarantine or isolation but you **MUST** submit all the necessary details through the online form to the Office of the Dean of Students.

### Telehealth

Did you know that you can schedule a telehealth appointment with the student health clinic? Talk to a provider from the comfort of your own couch or been seen between classes? Just log in at: [Welcome \(medicatconnect.com\)](https://www.welcome.gsu.edu/medicatconnect.com) and set up your appointment.

### [Welcome](https://www.welcome.gsu.edu/medicatconnect.com)

### [\[gsu.medicatconnect.com\]](https://www.welcome.gsu.edu/medicatconnect.com)

Welcome to the Georgia State Patient Portal! To sign in, enter your Georgia State Campus ID as the User Name and Paws password to log in above.\*  
[gsu.medicatconnect.com](https://www.welcome.gsu.edu/medicatconnect.com)

Monkeypox is a rare disease caused by infection with the monkeypox virus and is in the same family of viruses as smallpox.

Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.

People who do not have monkeypox symptoms cannot spread the virus to others.

### Risk Factors

- Male ages 20-55 ♣ MSM Identifying
- HIV positive

### Symptoms

- Fever



- Headache
- Muscle and backache
- A rash that can look like pimples or blisters that appear on the face, inside mouth, and other parts of the body
- Swollen lymph nodes
- Chills
- Exhaustion

#### Risk of Communicability

→ The virus is spread from person to person through:

- Direct contact with the infectious rash, scabs, or body fluids.
- Respiratory secretions during prolonged, face to face contact, or during intimate physical contact.
- Touching items that previously touched the infectious rash or body fluids.
- Can spread to fetus through placenta. → It is also possible for people to get monkeypox from infected animals, either by being scratched or bitten by the animal or by preparing or eating meat or using products from an infected animal.

## 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.

The featured programs for the month include:

**Student Victim Assistance Blue Table Safety Talks:** Every Month at 11:00am-12:00pm a new topic - Student Victim Assistance will be hosting Blue Table Safety Talks in-person on the Atlanta campus and live on Microsoft Teams for all Georgia State University campuses. This month's featured topic is **Healthy Vs. Unhealthy Relationships!** Join us this month on October 27<sup>th</sup>!



Student Victim Assistance Blue Table Safety Talks are a space for students and specialized professionals to come together for a round table discussion about serious topics as we pose open-ended questions and engage in interactive activities. **Snacks will be provided!**

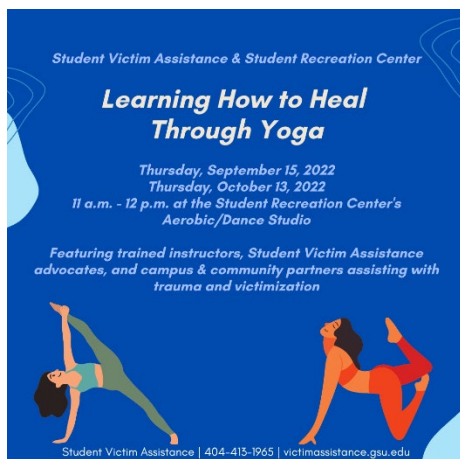
**October 27<sup>th</sup>:** <https://bit.ly/3cAkPS3>

On-campus option: Atlanta campus in 75 Piedmont, Citizen Trust Building, 2<sup>nd</sup> floor Rm 257

- Virtual Option: Microsoft Teams meeting: Join on your computer or mobile app [Click here to join the meeting](#) | [Learn More](#) | [Help](#) | [Meeting options](#)



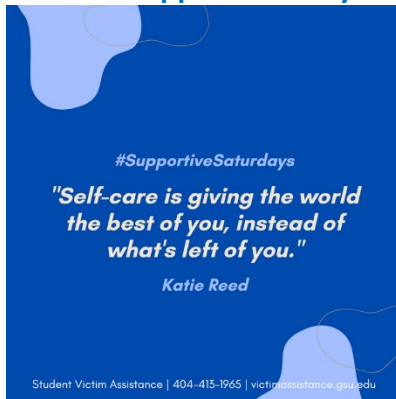
**Student Victim Assistance: Learning How to Heal Through Yoga:** Join Student Victim Assistance and Recreation Services on Thursday, October 13<sup>th</sup> from 11 am -12 pm for a yoga session. It is an opportunity to meet campus and community partners assisting students who have experienced trauma or victimization. If you're interested in attending, make sure to RSVP on the Panther Involvement Network: <https://gsu.campuslabs.com/engage/event/8128970>. Space is limited. We hope to see you there! **#StaySupportedPanthers #TraumaInformedPanthers**  
**October 13<sup>th</sup> :** <https://bit.ly/3wFoQeA>





**Student Victim Assistance Supportive Saturdays.** Every Saturday at 6:00 pm, Student Victim Assistance will be posting a **#PantherSupportSaturdays** message featuring encouragement or an important resource for students who have experienced trauma or victimization. Make sure to tune in to [@BeWellPanthers](#) for the #PantherSupportSaturdays. The weekend can be a lonely time for college students. Additionally, acts of violence often increase during the weekend and many students need support. It's important for you to remember that you are not alone, and support is still available when Friday, Saturday, and Sunday come around.

**#PantherSupportSaturdays #PanthersStaySupported #TraumaInformedGSU**



The **Red Flag Campaign** is a community-level strategy, designed to build bystander intervention skills and change social norms on campus. **Student Victim Assistance** is asking students to join us in our **Red Flag Campaign in October!** The campaign aims to educate students about healthy and unhealthy relationships to address and prevent sexual assault, dating violence, and stalking on college campuses. This campaign focuses on helping participants to say something when they see warning signs (red flags) in a friend's relationship. **Join us for this event,** spreading the word by following the instructions in PIN and sending a RSVP until October 15th.

**#TraumaInformedGSU**

<https://gsu.campuslabs.com/engage/event/8381500>

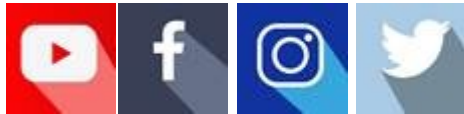


## The Access and Accommodations Center

Happy Fall, Panthers! The Access and Accommodations Center (AACE) is committed to providing access to campus resources and opportunities to allow students with disabilities to obtain a quality educational experience at Georgia State. If you had a 504 or an IEP in High school and are interested in classroom accommodations visit us online at <https://access.gsu.edu/> for information on How to Register, documentation needed, and other Student Resources.

## Recreational Services

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.



### Program Registration

Registration continues for Fitness Classes, Safety Classes, Intramurals, and Outdoor Trips/Clinics. Check our website for details and registration deadlines.

### Events for October *(all take place in the Student Recreation Center unless otherwise noted)*

#### Fitness Classes

Offered weekly, Monday – Friday  
Registration required, but no fee

#### Gym Yoga – Self Care Series

October 13  
11 a.m. – 12 p.m.  
Partnering with Student Victim Assistance  
Registration required, but no fee

#### CPR/First Aid/AED Training

October 7 & October 21  
10 a.m. – 5 p.m.  
\$55 for students, \$60 for Recreation members

#### Intramural Golf Tournament

Registration ends October 28  
Tournament is November 4; location TBD  
Registration required, but no fee



Touch the Earth (*visit website for specific trip locations and prices*)

October 1 & 2 – Advanced Climbing and Camping

October 6 – Crate Stacking Competition

October 8 & 9 – Canoe and Camp

October 9 – Stone Mountain Full Moon Hike

October 12 – Kayak Skills and Roll Clinic

October 14 – Backpacking Basics, Navigation and Technical Skills

October 16 – Into to Caving

October 17 – Backcountry Cooking

October 22 – Whitewater Rafting

October 23 – Day Hike

October 28 – Oakland Cemetery Scavenger Hunt

October 29 – Fiery Gizzard 10 Mile Hike Challenge

Andy Hudgins | Associate Director, Programs

Recreational Services | Georgia State University

101 Piedmont Ave SE | Atlanta, GA 30303

[404-413-1765](tel:404-413-1765) | [recreation.gsu.edu](http://recreation.gsu.edu)

