It’s important to remember why we observe National Recovery Month as we enter September. We educate ourselves and others to the fact that substance use treatment has helped millions of Americans live ordinary and productive lives. That those who are still struggling with their own substance use disorders are not alone and that there are services and people who can help them. We observe National Recovery Month to reduce the stigma, bring people in, and encourage those who struggle to seek help.

I have experienced the loneliness and pain of active addiction while living on a college campus. I was only able to have my behaviors fly under the radar for so long. I know what it is like to feel completely unique in my own suffering and believe that no other human being would be able to empathize with my experiences. I’m writing this for my past self and any person who is still struggling. To let them know there are people at KSU who have felt like you do now. There are people who can and want to help you. That living sober on a college campus is possible and that there is a community of people here that actually do it. The Center for Young Adult Addiction and Recovery is an excellent resource if you are interested in seeking help; their number is (470) 578-2538. My own journey in recovery started with one phone call four years ago.
HEALTHY HAPPENINGS
SEPTEMBER CALENDAR

Join us around campus and online for these great events. Please remember your KSU ID and your face covering.

Wellness on Wheels:
Sexual Health
Wed. Sept. 2, 12-2 pm
Marietta Globe

Tues. Sept. 22, 12-2 pm
Student Center Terrace

Ask the RD:
Whole Grains
Wed. Sept. 9, 11:30 am-1:30 pm
Marietta Campus in front of Stingers

Tues. Sept. 15, 12-2 pm
Kennesaw Campus Green

Recipe Tasting: After My Own Tart
Granola Fruit Tart
Wed. Sept. 23 12:30 pm
Thur. Sept. 24 5:30 pm

HIV and Hepatitis C Testing
Reservations Required.
Call 470-578-6394
Thurs. Sept. 24, 11 am - 3 pm
Student Recreation & Activity Center, Rm 1220

Debunking "It's just a little pot..." and Other Cannabis Myths
Tues. Sept. 1, 2:30 pm - 5 pm
Kennesaw Campus in front of the Commons

Wed. Sept. 2, 2:30 pm - 5 pm
Marietta Campus Globe Area

Alcohol and Other Drugs Trivia Spin
Thurs. Sept. 10, 12 - 3 pm
University Village

Online Events
Visit OwlLife for event registration

So you think you can't PASS?
Procrastination
Wed. Sept. 2, 1 pm

Study Skills
Thurs. Sept. 10, 11 am

Procrastination
Tues. Sept. 15, 11 am

Time Management
Wed. Sept. 23, 11 am
In celebration of National Recovery Month in September, everyone is invited to participate in **Yoga for Recovery** at Kennesaw State University. All people in recovery, recovery allies, and the recovery curious are all invited to join us for gentle yoga followed by conversation about supporting recovery.

**Wednesday, September 23**
2:00 pm on **Zoom**

**Wednesday, September 30**
2:00 pm on the Kennesaw Campus Green

Please bring your own yoga mat.

#FindYourWings  
#FindYourRecovery

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**Student Recovery Ally Training**

Recovery Ally Training is a one hour and 15-minute online workshop designed for students who are interested in supporting and understanding those in recovery. Students who participate in Recovery Ally Training will learn:

- about substance use disorder and recovery
- ways to support friends and loved ones in recovery
- about recovery support resources
- how to navigate substance use on and off-campus
- how laws and policies affect students in recovery
- non-stigmatizing recovery dialects through interactive scenarios and conversations.

Registration is required. Students can register for training and find out more through [Owl Life here.](#)

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The Peer Health OWLs answer students questions about alcohol, tobacco, and other drugs in this helpful video.

[Watch the session here!](#)
HELP US DECORATE A BANNER FOR NATIONAL RECOVERY MONTH

STOP BY TO HELP US DECORATE AND TO LEARN MORE ABOUT RECOVERY RESOURCES AT KSU

DRAW A PICTURE, WRITE YOUR FAVORITE INSPIRATIONAL QUOTE, SHARE A MEMORY OF A LOVED ONE, SHARE YOUR RECOVERY DATE. HELP US CELEBRATE RECOVERY AT KSU!

NATIONAL RECOVERY MONTH AWARENESS

To show your support for those in recovery, contribute to our Recovery Month 2020 banner. Draw a picture, write an inspirational quote, sign your name, share your recovery date, or honor a loved one.

Tuesday, September 8, 12:00-3:00 pm on the Kennesaw Campus Green

Wednesday, September 9, from 12:00-3:00 pm Marietta Campus Globe outside the Joe Mack Wilson Student Center

Test your knowledge with trivia hosted by Intramural Sports every Wednesday from 7-8pm! No registration required, click the link on our website to get access. There will be approximately 50 questions via Kahoot! Prizes given throughout!

This event will be hosted on Microsoft Teams.

Intramural Sports is back in action! September season sports include Tennis and Cornhole! Challenge other KSU students at night during the week for some friendly competition! Registration periods:
Tennis 8/24-9/4 Season: 9/8-10/16
Cornhole 9/14-9/25 Season: 9/28-10/16

YOGI CHALLENGE

With the stress of school starting it’s time to incorporate some zen into your weekly routine. Reset your mind and record 3, 30 minute yoga practices in our Adventure Anywhere Strava Club. Try practicing yoga in a calm environment such as a local park, your backyard or even your garage. If you are new to yoga, YouTube offers a plethora of various classes to find your flow. OwlFit also is offering Yoga classes throughout the week - check out the group fitness schedule here!

Complete this challenge by September 6th!
Exercise is an excellent aid in recovery, including addiction recovery. Exercise allows us to create lifelong healthy habits that aid in the recovery process. Many variations of addiction harm our mind and body; adding exercise as a daily habit will help heal the body by making it stronger and building new neurological connections. Movement also releases feel-good hormones that make us feel happy, have more energy, and sleep better!

Small steps go a long way! Exercise can begin with short walks throughout the day or attending a fitness class. Achieving 150 minutes of physical activity a week has many positive health outcomes, this is an excellent goal to work towards. You can start with a few days of 30 minutes of activity that raises your heart rate and gets you a little sweaty. It is important not to do too much too soon, give yourself small goals to achieve, then grow from there! The Department of Sports and Recreation's OwlFit Programs is a great resource if you are looking for some professional assistance in reaching your goals!

Both Student Recreation Centers will be open Monday - Friday: 7:00 am-8:30 pm Saturday: 10:00 am-5:30 pm Sunday: Closed

Reservations are now required to access the recreation facilities. All reservations will take place online at mysportsrec.kennesaw.edu or through the Sports and Recreation App - now available on Apple and Android platforms!

Reservations time slots are for 90 minutes and will open 48 hours in advance. Detailed information and FAQs can be found on our reopening web page.

For additional questions, please call us at (470) 578-6913 or email us at sports_recreation@kennesaw.edu

Keep healthy and strong even in your own home with OwlFit's Online Personal Training. Online personal training is available to all Sports and Recreation members including students, faculty, staff, and alumni offering a one-on-one experience and a fully supported virtual fitness journey. All training sessions are performed live through Microsoft Teams or other compatible video chat platforms. Your trainer will hold you accountable, encourage you, support you, and educate you through every virtual session.

For pricing and additional information, visit KSU Sports and Recreation website or contact owlfit@kennesaw.edu
Happiness and positive self-esteem come from accepting and embracing who you truly are, but it is difficult to do when you struggle with those inner voices that tell you that your worth is measured by the way you look or how much you weigh. Overcoming an eating disorder is possible with treatment and recovery. It is more than banishing unhealthy eating behaviors. It is also about learning new ways to cope with painful feelings and seeing your body for all its amazing capabilities rather than dwelling on perceived flaws.

Tackling an eating disorder is hard work, but remember, YOU ARE NOT ALONE! Recovery is within your reach with help from registered dietitians at the Student Health Services (Julie Newton RDN, LD) and Health Promotion and Wellness (Trang Pham MS, RDN, LD). With professional guidance and support, you can break from destructive eating behaviors, develop a healthier relationship with food, and regain your health. Are you ready?

The Center for Young Adult Addiction and Recovery hosts harm reduction workshops each semester to educate students interested in learning about Naloxone, a medication that reverses the effects of an opioid overdose, identify potential warning signs of an overdose and understand Georgia Amnesty Law. Registration is required. Available training dates and registration can be found through OwlLife here.
The movie and beverage industry would have you believe that it isn't possible to get through college without drinking or using drugs?

Fun Fact: KSU has one of the nation's largest communities of student that are having an amazing college experience without all the hangovers and consequences of drug and alcohol use!

Do you wonder what it looks like or how they do it? The Peer Recovery mentor is someone on campus you can reach out to with all these questions and get connected to other college students dealing with the same questions. For more information: recovery@kennesaw.edu
KSU VIRTUAL COUNSELING

Please note, per Georgia Law, students who are under the age of 18 will need parent or guardian consent to receive counseling services.

NUTRITION COUNSELING

To help KSU students improve their health and well-being, Health Promotion and Wellness offers individual counseling with a Registered Dietitian to address nutrition-related questions and concerns. Currently, counseling services are offered via video conferencing using Microsoft Teams and is available to all KSU students living in state.

Interested students can self-schedule a nutrition screening appointment by visiting the Health Promotion and Wellness Patient Portal. For more information, visit Health Promotion and Wellness/Programs and Services/Nutrition Services.

COUNSELING AND PSYCHOLOGICAL SERVICES

Take Control through COVID-19: Counselors at Counseling and Psychological Services (CPS) have been speaking to lots of students about their challenges though the COVID-19 quarantine. We know that your mental health can suffer given increased uncertainty, loss of routines and support and general disruption of our plans. While these changes can increase anxiety, depression and interpersonal conflict, they can also offer a unique chance to slow the pace of life and practice new ways of being. We recommend the following to help students gain a sense of control and direction: Follow the safety guidelines; make a new routine and keep it; set priorities and focus on these; create an online social life and keep it in balance; and make self-care a necessity (including good sleep, food and exercise). Finally, help is still widely available through tele-mental health platforms. See the CPS website for directions for scheduling appointments.

TELEMENTAL HEALTH - VIRTUAL COUNSELING

RECOVERY COUNSELING

The Center for Young Adult Addiction and Recovery offers counseling services for students in recovery and to those recovery curious students struggling with substance misuse and process dependency (gambling, eating disorders, gaming). We allow students to explore change.

For additional information, please email recovery@kennesaw.edu.

CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY MEETINGS

The CYAAR is hosting virtual Alcoholics Anonymous meetings on Tuesdays at 12:30 pm

Click here for Zoom Meeting.

The CYAAR is hosting virtual Eating Disorder Anonymous meetings on Wednesdays at 6:30 pm

Click Here for Zoom Meeting.

For the latest COVID-19 updates visit: https://coronavirus.kennesaw.edu/

SUGGESTION BOX

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls

wellctr@kennesaw.edu