How are students coping?

BY TYLER RICKS, PEER HEALTH EDUCATOR

While social-distancing, I’ve found different ways to keep myself motivated and entertained. In uncertain times, it helps me to plan out my future. Researching graduate programs and my intended career field helps me to stay motivated through these times. To entertain myself, I go on walks around my neighborhood and play Animal Crossing.
In partnership with Kennesaw State University Department of Public Safety & University Police CARE Services will be providing a virtual pantry. In an effort to follow CDC and DPH guidelines, and ensure the safety of our students and staff, we are limiting physical access to the pantry. Instead, we are offering a virtual option where students will have the ability to pre-order the items they need and pick them up at a designated location. In order to receive items from the pantry, please go to the link seen below and follow the instructions. Our CARE team will do what we can to accommodate your requests, but please keep in mind that we operate mostly by donations, and as such may have limited or no supply for certain categories.

You had the questions, we’ve got the answers! Tune in to the PHE Q&A to hear some of the things your fellow peers are wondering about sexual health. Rewatch the session on YouTube!

Do you have a passion for wellness? Do you want to improve the health and well-being of students on campus? Join our team of Peer Health Educators and enhance your leadership skills, improve your public speaking skills, and meet like-minded students with a passion for a healthier campus. Apply today!
Nutrition Counseling includes meeting one-on-one with a registered dietitian to discuss concerns. If interested, please email tpham25@kennesaw.edu to make a screening appointment.

Did you know you can eat seasonally year round (yes, even in winter)? Eating seasonally and locally year round can be exciting, flavorful, and more nutritious. What produce is in season for Georgians right now? Watch our video to pick seasonal Georgia produce.

**COOKING CORNER**

**EASY MEXICAN CASSEROLE**

**Ingredients**
- 1 lb lean ground beef
- 2 cups salsa
- 1 (16 oz) can chili beans, drained
- 3 cups crushed tortilla chips
- 2 cups sour cream
- 1 (12 oz) can sliced black olives, drained
- 1/2 cup chopped green onion
- 1/2 cup chopped fresh tomato
- 2 cups shredded cheddar cheese

**Directions**
1. Preheat the oven to 350 degrees F. Lightly coat a 9x13 baking dish with cooking spray. Set aside.
2. In a large skillet over medium-high heat, cook ground beef until no longer pink.
3. Stir in salsa, reduce heat and simmer 20 minutes, or until liquid is absorbed.
4. Stir in beans and heat through.
5. Spread crushed tortilla chips in prepared baking dish. Spoon beef and bean mixture over chips. Spread sour cream over mixture and sprinkle with olives, green onion, and tomato. Toss with cheddar cheese.
6. Bake in preheated oven for 50 minutes or until hot and bubbly. ENJOY!

**GUACAMOLE**

**Ingredients**
- 3 avocados, peeled and pitted
- 1 lime, juiced
- 1 tsp salt
- 1/2 cup diced onion
- 3 TBSP chopped cilantro
- 2 plum tomatoes, diced
- 1 pinch ground cayenne pepper (optional)

**Directions**
1. In a medium bowl, mash together avocado, lime juice, and salt.
2. Add onion, cilantro, and tomatoes to avocado mixture. Stir in cayenne pepper if using.
3. Cover with plastic wrap and refrigerate 1 hour for best flavor, or serve immediately.

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Join Outdoor Adventure’s challenges on Strava and support each other's quarantined activities with a kudos or a friendly wave on the trails. Complete our activity challenges to stay active during closures. You choose the activity. Log your ride, run, hike, walk in Strava. The goal is to accumulate the most time exercising between now and May 4th.

Get in a Total Body Stretch with our OwlFit Group Fitness Instructor, Ariana, on the Sports and Recreation YouTube page! There will be 8 stretches - hold each for 30 seconds. It is a great way to destress and relax. No equipment necessary.

Missing your favorite OwlFit group fitness classes? Looking for at-home workouts? Sports and Recreation is now offering LIVE OwlFit Group Fitness classes on Instagram each week! Each class will be 30 minutes long with a new schedule published weekly on our virtual programs page. Join in on the fun and follow us @ksusportsrec!

The 17th Annual Daffodil Dash 5K is going virtual! Complete a 5K anytime between now and May 4th to be eligible to earn your very own Daffodil Dash 5K T-shirt (while supplies last)! Complete this mileage at your own pace and anywhere you can - outside, on a treadmill or on a track. Send proof of your completion of 3.1 miles (snap a photo or show us on your activity tracker)! Share on social, send us a direct message or send us an email to sports_recreation@kennesaw.edu. Please remember to include your KSU ID number, Net ID and affiliation (student, faculty or staff). Once we are able to operate safely, we will have the shirts available for pick up. An email will be sent to your KSU account with pick up information.
Rewatch the CYAAR Ask an expert Q&A on Instagram @KSUWeDoRecover

Counseling

Center for Young Adult Addiction and Recovery Meetings

The CYAAR is hosting virtual AA meetings on Tuesdays at 12:30 pm
Click here for Zoom Meeting.
Meeting ID: 622 201 179 Password: 093267

The CYAAR is hosting virtual EDA meetings on Wednesdays at 6:30 pm
Click Here for Zoom Meeting. Meeting ID: 695 949 293 Phone: 646-876-9923

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.

Counseling and Psychological Services is providing Telemental Health. For additional information please visit https://counseling.kennesaw.edu

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Mental Health

10 Effective Ways to Calm Nerves Before an Exam

Practice Calmness
A few things you can do to settle nerves before taking a final are:
• color or doodle
• look outside
• work through a maze
• roll your feet over a golf ball

Get Enough Sleep
Avoid all-nighters because studies show you test better after a good night’s sleep.
Lack of sleep can also lead to:
• memory problems
• diminished critical thinking skills
• anxiety
• nervousness

Bathe in Epsom Salt
Epsom salt contains magnesium sulfate, which helps boost calming and relaxing feelings. Epsom salt baths have been shown to:
• lessen stress and anxiety
• lower blood pressure
• relieve minor aches and pains

Try Aromatherapy
The most popular method of aromatherapy is through the breathing in of essential oils. Some of the most calming essential oils and scents are:
• Lavender
• Lemon or Yuzu
• Sage
• Jasmine

Deep Breathing
While distressed or nervous, breathing patterns may change. It is important to focus on deep, slow breathing which can help manage nerves and reduce panic attacks before finals. Maybe even let out a sigh or two!

Stretch to Relax
There are many different ways to stretch in the context of meditation and muscle relaxation. To calm nerves before an exam:
• forward bend towards toes
• reach arms high
• sit criss-cross with straight spine
• release tension from shoulders

Practice Good Posture
Being mindful of good posture can open the lungs for better breathing that can help with anxiety management. Also, good posture can create a good self-image and boost confidence for test-taking.

Speak Positively
Positive affirmation techniques can enhance feelings of self-esteem and confidence.
“Autosuggestive” therapy, turning inward to concentrate on relaxing, can also aid in lowering pre-test stress and anxiety.

Listen to Music
Jamming to your favorite tunes or enjoying a quiet melody prior to exam time can reduce nervousness and help find peace before testing.

Keep Prospective
Prepare and study hard, but remember that there is life after a big test.
Take it easy, be patient with yourself and just do the best you can!
Financial Hardship

The Emergency Assistance Program is designed to support students in overcoming unforeseen hardships hindering their successful academic progress. Consideration for the support is the last resort option after all other applicable financial aid awards and/or community resources are exhausted. Funds can cover school expenses such as tuition and fees, textbooks, lodging, and meals. https://financialhardship.kennesaw.edu/

Student Health Services:
Our Health & Well-Being Partner

Student Health Services is open regular business hours: 8:30am - 5pm Monday - Friday at all 3 locations. Call ahead for appointments 470-578-6644 or use the MyChart app. Clinic visits as well as virtual and tele-health visits are available to meet individual student needs. Patients only, no visitors are permissible in the clinics at this time. Our patient’s safety is top priority. All patients as well as our team are screened upon entry to our clinics.

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

EXERCISE YOUR MIND

Last week’s answers

NY Times Quiz
Click here to test your knowledge of the week’s headlines!

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SUGGESTION BOX

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls wellctr@kennesaw.edu.