Feeling extra tired since the coronavirus crisis began? We all are! This is from a concept called ‘moral fatigue.’ A recent article by Elizabeth Yuko describes how the crisis has made our previously mundane everyday decisions now carry the weight of life and death...and this is exhausting! Prior minor choices like where to get food, who to see, and when to travel suddenly involve moral dilemmas about the risks of getting infected or unknowingly infecting others with a potentially deadly disease. The biggest problem is that there are no good options! The burden of scrutinizing so many decisions that are normally insignificant takes a toll on us, and we have been experiencing this physically through feeling more tired or tense or both. Isolation from self-quarantine can also include decreased social interaction, physical exercise, and healthy eating that only adds to our fatigue. So, know that you are not alone in your unusual tiredness! Talk with supportive people about your struggles during this difficult and unprecedented time. Make decisions one at a time, especially with how quickly some things have changed. Remember, the reason that we are in this crisis is because of how connected we all are. Use this opportunity to try connecting more with those who you are closest to...just from at least 6’ away if you do not live with them. ;)

Coronavirus Exhaustion by Dr. Greg Stevens

Feeling extra tired since the coronavirus crisis began? We all are! This is from a concept called ‘moral fatigue.’ A recent article by Elizabeth Yuko describes how the crisis has made our previously mundane everyday decisions now carry the weight of life and death...and this is exhausting! Prior minor choices like where to get food, who to see, and when to travel suddenly involve moral dilemmas about the risks of getting infected or unknowingly infecting others with a potentially deadly disease. The biggest problem is that there are no good options! The burden of scrutinizing so many decisions that are normally insignificant takes a toll on us, and we have been experiencing this physically through feeling more tired or tense or both. Isolation from self-quarantine can also include decreased social interaction, physical exercise, and healthy eating that only adds to our fatigue. So, know that you are not alone in your unusual tiredness! Talk with supportive people about your struggles during this difficult and unprecedented time. Make decisions one at a time, especially with how quickly some things have changed. Remember, the reason that we are in this crisis is because of how connected we all are. Use this opportunity to try connecting more with those who you are closest to...just from at least 6’ away if you do not live with them. ;)

This newsletter is brought to you by

Health Promotion and Wellness
Department of Sports and Recreation
Center for Young Adult Addiction and Recovery
Counseling and Psychological Services
CARE Services
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 by snapping a photo or showing us on your activity tracker!
Share on social, send us a direct message or 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.

Tap into your creative side and help us design next year’s Intramural Sports Champ Shirt! The winner will receive 2019-2020 Champ Shirt and one of their own design (2020-2021 design). Contest rules can be found at: https://sportsrec.kennesaw.edu/Virtual%20Programs.php

HPW PHOTO CHALLENGE
Snap a photo of the completed challenge each week to win a PRIZE! Tag @KSUWellness, and use the hashtag #KSUWellness with your entries.
Participants who complete all four challenges will win a free HPW t-shirt!

APRIL 6 - Healthy Recipe Post: Show us what you’ve been cookin’

APRIL 13 - Stay Connected: How have you and your peers been virtually communicating?

APRIL 20 - Healthy Minds: What meditation or sleep techniques do you use to maintain a healthy mind?

APRIL 27 - What’s your study set up for finals?

***If your profile is private, please Direct Message or email us your entry at wellness@kennesaw.edu

Tuesday, April 14, 2020
Hungry for Consent?
Consent Communication

Wednesday, April 15, 2020
Condom Sense

Thursday, April 16, 2020
Netflix Party:
Birth Control, Explained
Sex Trivia
Peer Health Education
Q&A
Looking for at-home workouts? Sports and Recreation has options available our virtual programs webpage! Check them out and get moving today!

Outdoor Adventures has started a blog! Hear from Kennesaw State University students and staff as they reflect on their experience with the Outdoor Adventures program including Nature Bound trips, bike shop, climbing gym and other #ksuadventures!

Stop counting the days and start living these days. We won’t be in this “wilderness” for very long.

Outdoor Adventures Strava Challenges
Miss hitting the recreation centers with your training buddies during the COVID-19 closures? Join Outdoor Adventures challenges and support each other’s quarantined activities with a 'kudos' or 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.

OUTDOOR ADVENTURES BLOG

FITNESS

OwlFIT

Minute Meditation

OUTDOOR ADVENTURES PHOTO CONTEST
Take a photo that falls into the category each week and tag @ksusportsrec on social or email to outdooradventures@kennesaw.edu

- March 30: Flowering Trees
- April 6: 4-leaf clover
- April 13: Water (a pond, creek, waterfall, etc.)
- April 20: Flowers
- April 27: A starry sky
- May 4: A Sunrise or sunset

Submissions will be posted and voted on! The winner will receive a Sports and Recreation prize!

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Counseling Services
Counseling includes meeting one-on-one with our registered dietitian to discuss concerns. If interested, please email tpham25@kennesaw.edu to make a screening appointment.

Food Safety Techniques:
When prepping and cooking food it is very important to make sure that you are following food safety guidelines to ensure that you are eating and serving safe food.

Cold Food Storage:
Click for guidelines on storing foods in your fridge and freezer.

Cooking Temperature Chart: Click for guidelines on minimum cooking temperatures for meat, poultry, seafood, and other cooked foods.

Grocery Shopping Safety: Click for some tips on safe grocery shopping during the pandemic.

COOKING CORNER

LEMON AND GARLIC PASTA WITH SQUASH

Ingredients
- 4 oz pasta
- 1 yellow squash
- 1 to 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 lemon
- 1/4 cup Parmesan cheese
- 4 to 6 fresh basil leaves, chiffonade (cut into long, thin strips)

Directions
1. In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain well. Place in large bowl and set aside.
2. Cut squash lengthwise into very thin strips, almost like spaghetti. Set aside.
3. Add garlic and olive oil to pan and sauté until fragrant. Add squash and cook until slightly tender.
4. Add squash mixture to cooked spaghetti. Squeeze lemon over pasta and toss well.
5. Add Parmesan cheese and basil and toss until well-blended. Top with chicken (additional recipe) and serve!
Managing Anxiety and Depression During COVID-19 webinar will be informal, educational, with some chances for interaction with the counselor and other group members. These webinar workshops are not a therapy group, but they are designed to give you information and skills, and give you the opportunity to practice those skills on your own. This is a time of many changes and stress around the world and this webinar is designed to help you better understand potential signs of anxiety and depression, learn ways to cope, and provide resources. Visit our Owl Life page to learn more and RSVP.

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/

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

CYAAR’s monthly All Recovery Meeting will be held Monday 4/6 at 6:30 pm via Microsoft Teams. If you would like access to this meeting, please email recovery@kennesaw.edu

SLEEP TIPS
1. Avoid nicotine, caffeine, and alcohol.
2. Maintain a well-balanced diet.
3. Exercise daily, but not within 2-3 hours of bedtime.
4. Go to bed and wake up around the same time every day, even on the weekends.
5. Make sure your bedroom is dark and cool (approx. 65°F)
6. Use a relaxation or white noise

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

The Center for Young Adult Addiction and Recovery is happy to still provide addiction counseling with our licensed clinical social worker. For additional information please email recovery@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 three 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/