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A Weekly Newsletter Focused on Your Wellness

Wellness **Wednesday**

create >>>

Have some old 5K t-shirts laying around? Put them to good use!

There are a number of creative things you can make with old t-shirts including quilts, rugs, baskets, bags, jewelry, dog toys, wreaths, and re-purposed clothing. Many of these projects don't require any sewing; all you need is a pair of scissors, some patience and lots of t-shirts!

For inspiration, ideas and instructions for re-purposing t-shirts visit

<https://morningchores.com/repurpose-old-t-shirts/> or <https://blitsy.com/blog/diy/20-diy-upcycled-t-shirt-projects>



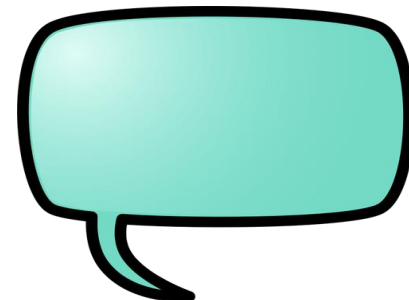
Asking for Consent: *a normal and healthy part of any relationship*

When a person gives consent, they are agreeing to something or giving permission for something to happen. It is important to understand when to ask for consent and how consent works. For an informative guide about consent from the National Sexual Violence Resource Center with this information and more, visit https://www.nsvrc.org/sites/default/files/publications/2019-12/YourConsentGuide2020_Final508.pdf

ASK FOR CONSENT before touch or sexual contact with another person progresses or escalates. Asking for consent helps to build trust and to develop more genuine communication within that relationship.

BEFORE YOUR ASK, reflect on why you are asking. Understand that you are giving you and your partner the opportunity to openly discuss what you want and do not want. In other words, it is about more than a yes or no answer. Also, consider having these discussions in casual settings instead of in the heat of the moment when possible.

WHEN YOU ASK, make it clear that you will respect their response no matter what it is. Your partner may demonstrate body language or verbal cues that they want to say no to something but may feel hesitant to do so



or pressured in some way. Talk to them about this, and if you're not sure if they are into what you are suggesting, do not go further; suggest something else or ask them what they would like to do.

WHEN RESPONDING TO THEIR ANSWER, consider the following: if they enthusiastically agree, you can move forward but continue to check in to see how they feel about what you are doing; if they say no, respect and accept their answer.

be mindful >>>

Wellness? There's an app for that...

What is one of the hardest things about being mindful of our wellness? Remembering to do it! There are a number of FREE mobile applications that can help us remember to consistently track and be thoughtful of how we feel throughout the day.



Mood Tracking

It can be helpful to track our mood at regular intervals to better evaluate what factors or activities impact how we feel. **Daylio by Habities** is a mood tracking app that can send you reminders when it is time to log your mood. **Moodflow by Urban Hero Labs** also

logs your mood/activities, can send you reminders, and provides a variety of options for adding additional information and viewing color-coded reports of your mood data.

Deep Breathing

Breathe by Jatra and **Breathe by MoodTools** are both mobile applications that provide a

visual guide that you can follow to practice deep breathing on a regular basis.

Journals/Diaries

Presently: A Gratitude Journal by Presently will remind and prompt you daily to log things you are grateful for. **Gratitude:**



Personal Growth & Affirmations

Journal by Pritesh Sankhe provides gratefulness journaling as well as daily affirmations and inspirational messages.

Journey: Diary, Journal by Two App Studio gives a variety of journal options to choose from such as self-care, gratitude, mood tracking and affirmations. **Reflectly – Journal/Diary by Reflectly** is an app that also provides affirmations and mood tracking insights; **MoodSpace by Boundless Labs** includes these as well plus meditations and self-care techniques.

Support Survivors during Sexual Assault Awareness Month



NSVRC

SAAM Resource of the Week:

Visit NSVRC's blog to learn about **six ways you can support survivors of sexual assault** online during SAAM here:

<https://www.nsvrc.org/blogs/6-ways-you-can-support-survivors-online-during-sexual-assault-awareness-month>

explore >>>

Tour the Sistine Chapel and other Vatican Collections at

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

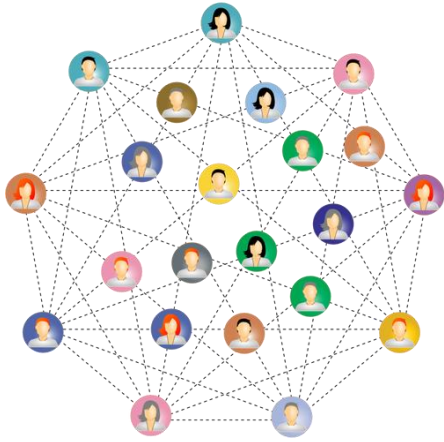
Did you know that originally Michaelangelo did not want to paint the Sistine Chapel ceiling? He considered himself a sculptor at heart and was in the middle of working on another project at the time. Thankfully he changed his mind as there may be no experience quite like standing in the middle of the Sistine Chapel and looking up. The Vatican Museum gives everyone the opportunity to experience this remotely through their virtual tours of the Sistine Chapel and a number of other rooms and collections on their website above.



image from <https://www.michelangelo.org/sistine-chapel-ceiling.jsp>

'Physical Distancing' vs. 'Social Distancing'

why the World Health Organization (WHO) has adopted the language of 'physical distancing' instead of 'social distancing' when giving guidance regarding COVID-19



The ways in which we feel socially connected to those we care about can have a significant impact on our mental health and wellness. In the early days of the COVID-19 pandemic, the phrase 'social distancing' started being used to issue guidance that we maintain six feet of distance from each other and not gather in crowds or groups in order to maintain our safety and the safety of others. However, as an article in the Washington Post evaluates, this terminology may have communicated some misleading information which is why the World Health Organization (WHO) is now using the phrase 'physical

distancing' (and the CDC also states that 'social distancing' is also called 'physical distancing'). 'Physical distancing' validates that we can maintain physical distance from others that is safe and healthy while still maintaining meaningful relationships with those we care about, which we may need more than ever during this time that we are staying at home for long periods or sheltering in place. While you may not be able to go to social spaces you used to go to regularly like school, the gym, religious services or other organizational gatherings, many of these are offering opportunities to stay involved virtually or through other remote/distanced means. Be pro-active about seeking out these opportunities to stay connected; if there isn't an opportunity like this for your social group yet, think about creating one!

To read the entire Washington Post article about physical distancing visit:
https://www.washingtonpost.com/lifestyle/wellness/social-distancing-coronavirus-physical-distancing/2020/03/25/a4d4b8bc-6ecf-11ea-aa80-c2470c6b2034_story.html



relax >>>

What is eco-therapy?

Eco-therapy is contact with nature for the purposes of improving your mental health and wellness. This may include counseling or therapeutic treatment that occurs outdoors, forest bathing, or activities such as gardening or birdwatching. Eco-therapy can be a free and accessible way for anyone to experience benefits to one's well-being and health.

To learn more about one form of eco-therapy, forest bathing, and the benefits it can have on your health visit:

<https://time.com/5259602/japanese-forest-bathing/>

eat healthy >>>

Q: *Can good nutrition improve my mental health?*

A: Yes! Nutritious food is better for your brain. Healthy foods can have anti-inflammatory properties and can reduce oxidative stress which both improve brain function. Patterns of healthy eating are also associated with reduced odds of depression. So while you are home, try some recipes that use nutritious ingredients you have access to.

Jun, S.L., Hiles, S., Bisquera, A., Hure, A.J., McEvoy, M., & Attia, J. (2013) A systematic review and meta-analysis of dietary patterns and depression in community-dwelling adults. *The American Journal of Clinical Nutrition*, 99(1), 181-197. <https://doi.org/10.3945/ajcn.113.069880>

For some adventures in cooking, check out these free online tutorials and classes:

Beginner's Level: Home Cooking quarantine podcast with Samin Nosrat and Hrishikesh Hirway -
<https://podcasts.apple.com/us/podcast/home-cooking/id1503149669>

Apprentice Level: Kitchn Cooking School -
<https://www.thekitchn.com/collection/cooking-school>

Julia Child Level: #kitchenquarantine with chef Massimo Bottura (of three Michelin-star restaurant fame) -
<https://www.instagram.com/massimobottura/>



final thoughts...

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

-Marie Curie

If you are a D&E student and would like to discuss your options for counseling services, please contact our office at 304-637-1363 or email us at fallettam@dewv.edu so we can discuss this further. We can also provide assistance with, or guidance for, contacting a provider of counseling services in your area to start or continue services and/or to receive recommendations for treatment.

We want all of our students, faculty and staff to continue to be mindful of their wellness and proactive about taking care of and supporting their mental health as we move forward in the coming weeks. If you have suggestions for information we can provide or educational outreach we can do to support you to do this, please let us know!

coming soon >>>

In The Next Issue

SAAM Denim Day

The View from Machu Picchu

Progressive Muscle Relaxation 101

Host a Virtual Movie Night

The Art of Bullet Journaling

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