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YOU ARE  
**NOT**  
ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

Issue  
**FIVE**

A Weekly Newsletter Focused on Your Wellness

# Wellness **Wednesday**

relax >>>

## Bob Ross: Sharing His Joy of Painting Since 1983

If you need to relax at the end of a challenging day and want to multi-task by learning how to paint at the same time, then *The Joy of Painting with Bob Ross* is for you. You can view every episode online at the show's Youtube channel. Relax, paint, and enjoy discovering Bob's world and the happy trees that populate it.

To access all 156 episodes, visit <https://www.youtube.com/user/BobRossInc>

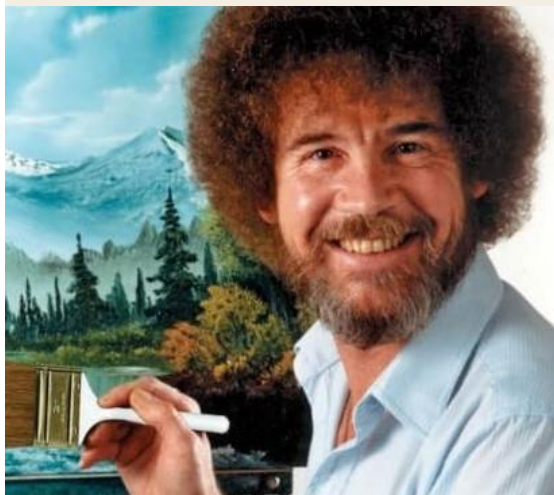


image from <https://www.cnn.com/style/article/bob-ross-tv-painter-exhibition/index.html>

## You Are Not Alone: May is Mental Health Awareness Month

During the month of May, The National Alliance on Mental Illness (NAMI) supports this national movement that brings awareness to mental health. This year's NAMI campaign, "You Are Not Alone," reminds the millions of Americans currently living with a mental health condition that there is support available and that we can educate and inspire our communities to fight stigma.

Currently 1 in 5 adults in the United States experience a mental health condition in a given year, but many do not get the help that they need. Stigma and discrimination may cause people to feel like they have to struggle alone or in silence.

Stigma can take many forms; it can be being viewed in a negative way by someone else because you have a mental health condition, or it can be viewing yourself in a negative way because of a perception that feeling bad or struggling is a sign of weakness in some way. If mental health was not often discussed by others in a positive and help-seeking way when you were growing up, there may be a lack of understanding or a feeling of discomfort when you think about discussing your mental health with your friends and loved ones. Not sure whether this applies to you? NAMI has provided a quiz to help you



better understand mental health stigma and how it can be a barrier to seeking support from others at <https://www.curestigma.org/>. You can also learn more about mental health stigma and the barriers to seeking help it can create as well as take the StigmaFree pledge online at <https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree>

be mindful >>>

## Feeling Anxious? Ground Yourself



*Grounding techniques are techniques that can be used when we are feeling anxious or particularly stressed and are used in order to “ground” ourselves in the present moment instead of focusing on our anxious thinking. This also gives our physical stress responses the opportunity to slow down so we can feel calmer.*

Here are a few examples of grounding techniques that you can practice if you choose. You may want to first try these at times when you are not feeling anxious so you can become comfortable using them.

**The 5-4-3-2-1 Technique** – Identify 5 things around you that you can see, 4 things that you can feel, 3 things that you can hear, 2 things that you can smell and one thing that you can taste. Focus on each of these things mindfully and with intention.

**Hold a Fidget Toy or Object** – Hold a small object in your hand and manipulate it with your fingers; focus on its texture, shape it, squeeze it, twirl it, etc. Some good objects that can be used for this are play doh, a smooth stone, a fidget spinner/cube, a rubik’s cube or a stress ball.



**The Dive Reflex** – The dive reflex occurs when our face comes into contact with cold water; this reflex slows certain biological responses in our body to conserve energy because our body thinks we are diving underwater. To illicit this reflex, splash a little cold water on your face or place a cold compress (such as a washcloth that was soaked in cold water) on your forehead.

**Objects for Aliens** – pick an object in the room and pretend you are explaining it to aliens. Describe it in your mind or aloud in great detail; what does it look like? Feel like? What is it used for? How is it used?

YOU ARE  
**NOT**  
ALONE

Stigma and discrimination have caused so many of us to suffer. This #MHM let’s break down stigma so no one struggles in silence.

#NotAlone nami.org/mentalhealthmonth

## Mental Health Resource of the Week:

Visit the National Alliance on Mental Health (NAMI) to learn about the ways that you can advocate for positive change that will support people with mental health conditions.

<https://www.nami.org/Advocacy/Advocate-for-Change>

explore >>>

## Navigate The Surface of Mars at

<https://accessmars.withgoogle.com/>



NASA’s Jet Propulsion Laboratory (JPL) and Google have teamed up to provide you with the virtual opportunity to navigate a 3D replica of the surface of Mars based on pictures and data that has been collected from NASA’s Curiosity rover. Image mosaics of the surface were collected by two cameras mounted on the rover. This information and other data that has been collected by the rover will help plan future experiments. Along your journey you will learn about key points of interest from Katie Stack Morgan, a planetary geologist on the Mars Science Laboratory mission at NASA’s JPL. If you spot any Martians, we would suggest you let her know immediately.

images from <https://www.scientificamerican.com/podcast/episode/mars-lander-will-peer-inside-the-red-planet/> and <https://www.cnbc.com/2020/04/19/photos-nasas-curiosity-team-is-controlling-mars-rover-from-home.html>

# The Healthy Science of Breakfast

*why taking the time to eat something nutritious for breakfast is good for your physical health, energy and mood throughout the day*

You've probably heard it a million times...

"breakfast is the most important meal of the day."

But WHY is breakfast so important? Did the cereal manufacturers pay for these pro-breakfast campaigns? As the TIME article "Is Breakfast Really Good For You? Here's What the Science Says," discusses, while the affect of eating breakfast on weight loss or weight gain is somewhat controversial there are many other important scientific benefits that are associated with eating breakfast that include:

- Increased physical activity
- Decreased risk of disease such as obesity, diabetes and heart disease
- Decreased food cravings later in the day (which can lead to less stress eating and/or less boredom eating)
- Maintaining a healthier overall dietary profile

UPMC notes that eating breakfast may also help you reach the daily recommended serving amounts of fruits, grains and proteins and it can help balance your blood sugar (glucose) levels; balanced glucose improves cognitive functioning and your ability to focus. They state that another



major benefit of eating breakfast is that it starts your metabolism process which helps you to consistently burn more calories throughout the day. If you choose to skip breakfast, your body starts to worry about when you will eat next so it conserves calories vs. burns calories the way your body would usually. So consider making time for breakfast; even if you only have time to grab an apple or a granola bar, your heart, brain and body will thank you!

Sources:

Ducharme, J. (2019, January 30). *Is Breakfast Really Good For You? Here's What the Science Says*. TIME. <https://time.com/5516364/is-eating-breakfast-healthy/>  
UPMC Health Beat. (2017, July 9). *6 Reasons Why Breakfast Is the Most Important Meal of the Day*. <https://share.upmc.com/2017/07/reasons-breakfast-is-important/>

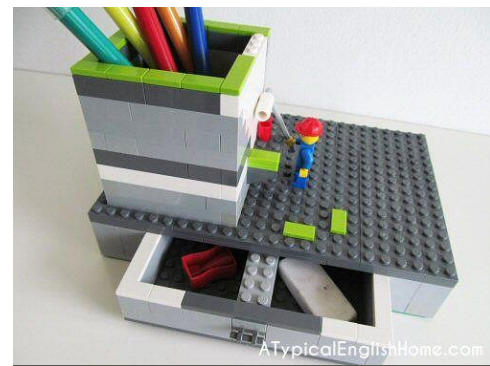
**be mindful >>>**

**Q:** Can mindfulness practice improve my sleep quality?

**A:** Yes! Meditation and mindfulness-based stress reduction have been shown to reduce cortisol (the body's primary stress hormone) levels and have a positive affect on sleep.

Brand, S., Brand, S., Holsboer-Trachsler, E., Naranjo, J. R., & Schmidt, S. (2012) Influence of mindfulness practice on cortisol and sleep in long-term and short-term meditators. *Neuropsychobiology*, 65(1), 109-118. doi:

10.1159/000330362



**create >>>**

## An Upcycled Lego DIY Project

*This is a great excuse to dig out that storage bin of Lego bricks that you may not have played with in years. The versatility of Legos means you can create almost an infinite amount of projects, including ones that serve a practical, decorative or fun use. Some ideas include building a desk/pencil organizer, a smart phone stand, a candy dispenser, a marble maze or a wall hanging.*

**For these ideas and more, visit:**  
<https://www.bigdiyideas.com/34-diy-crafts-give-reason-play-legos/> and <https://spaceshipsandlaserbeams.com/25-lego-crafts-we-are-obsessed-with/>

*Can't get enough wildlife live cams? In addition to the Georgia Aquarium in Atlanta featured in last week's newsletter, here are some other opportunities to see wildlife from around the world in real-time:*

**San Diego Zoo Live Cams -**

<https://zoo.sandiegozoo.org/live-cams>

**Smithsonian's National Zoo & Conservation Biology Institute**

**Webcams** (if you don't know what a naked mole-rat is, you will now) -

<https://nationalzoo.si.edu/webcams>

**Explore LIVECAMS** - streaming cams

from around the world including bald eagle nesting areas and watering holes in

Africa - <https://explore.org/livecams>

**Monterey Bay Aquarium Live Cams** -

<https://www.montereybayaquarium.org/animals/live-cams>



# final thoughts...

*“Life is like riding a bicycle. To keep your balance, you must keep moving.”*

*-Albert Einstein*

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](mailto: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. Our office will be closed in June and July so for all non-emergency/non-urgent Counseling and Wellness Services related questions during that time please contact the Office of Student Life at 304-637-1211. The Office of Public Safety is available 24/7 and can be reached at 304-704-9111. In the event of an emergency, please call 911 or go immediately to the nearest emergency room. The National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255 and the National Suicide Prevention Lifeline Chat is available 24/7 at <https://suicidepreventionlifeline.org/chat/>. You can text HOME to 741741 for the 24/7 Crisis Text Line.

We hope you enjoyed our Wellness Wednesday newsletters this semester. If you have suggestions for information we can provide or educational outreach we can do in the future as part of our newsletters or our other efforts, please let us know. Be well this summer!

coming soon >>>

Monthly Issues  
Starting Fall 2020

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