

Welcome to ISSUE 2 - 2023 of NEOMED's

STUDENT WELLNESS NEWS



REMINDING YOU ABOUT "N8"

It's NEOMED's 8 dimensions of wellness! Just say "Nate," which also happens to be our NEOMED mascot! Whenever you see this logo, look for student wellness programs, education, activities, and information to help you on your journey to being a WELL-WHALE!

Help Us Plan DESTRESS FEST: November 13-17, 2023



Meet the newest staff representative to the Student Wellness Committee. Iris Mirelez will be representing the SPIRITUAL dimension of wellness to ensure that students have opportunities to further develop the spiritual side of their wellness. Ms. Mirelez works in the College of Medicine.



The Learning Center is MOVING

The Learning Center is moving! We are scheduled to relocate our offices near the library (former Wellness and Counseling Services Suite). The move is scheduled for mid-month, but we will be releasing more details as they are finalized.

Don't forget to take advantage of supports from the Writing Center for your academic and professional needs, as well as supports available through Brook Wyers for students who are Second Language Learners (SLL)

Explore ways to strengthen your intellectual wellness outside the curriculum by making time to:

- Learn a new skill (crafting, needlework, pickleball, a new language, etc.!)
- Engage your brain everyday – new vocabulary words, puzzle games, practice debate topics.

SAVE THE DATE!

Destress Fest

November 13-17, 2023



Life Skills 4 Wellness 2023-24 SERIES:

Sponsored by Student Wellness/Student Services
Location: Olson Auditorium



FINANCIAL WELLNESS:
Making "Cents" of your Finances
Wednesday, October 25, Noon - 1 p.m.
Michael Kempe and Daniel Miller, Financial Aid



INTELLECTUAL WELLNESS:
Setting SMART Goals to Get Things Done
Wednesday, November 29, 2023, Noon - 1 p.m.
Heidi Der and Dyann Whaley, Learning Center



PHYSICAL WELLNESS:
Fitting in Fitness
Wednesday, January 24, Noon - 1 p.m.
Maureen Laubacher, Sequoia Wellness Coordinator



EMOTIONAL WELLNESS:
Building Resiliency and Grit
Wednesday, February 21, Noon - 1 p.m.
Jackie Boyle, Pharm.D. ('12), COP Office of Student Success, Assistant Dean of Students



GAMEROOM SURVEY RESULTS (so far):

PREFERRED ACTIVITIES:

Socialize	8.67
Play Video Games	7.62
Eat	6.9
Board Games	6.33
Massage Chair	6.32
Watch television	6.2
Play Chess/Checkers	6.11
Store and heat my food	5.86
Study	4.35



GAMEROOM NAMES:

- Corner Lounge
- The Nate Escape (or Nate's Escape)
- Chill Corner

OTHER ACTIVITIES:

- Board Games: Backgammon, Uno, Monopoly, Jenga
- Card Games
- MarioKart
- Nap
- Indoor Hammock
- Air hockey
- Arts & Crafts
- BB hoop (add to NEW lounge)?
- Foosball (add to NEW Lounge)
- Pinball machine (add to NEW Lounge)



**Gameroom
Survey Link**

FALL FEST

OCTOBER 23RD - 28TH

SPONSORED BY STUDENT SERVICES

Monday, October 23rd - Apple Cider & Donuts
8 - 9:30 AM | Campbell Atrium

Tuesday, October 24th - Pumpkin Carving Contest
9 AM - 4 PM | Office of Student Services

Wednesday, October 25th - Life Skills 4 Wellness: Making "Cents" of Your Finances
12 - 1 PM | Olson Auditorium

Wednesday, October 25th - Movie Night Double Feature: Hocus Pocus 1 & 2
6 - 9 PM | Watanakunakorn Auditorium

Thursday, October 26th - NEOMED Office Decorating & Costume Contest
9 AM - 4 PM

Thursday, October 26th - Student Trick or Treat
12 - 1:30 PM

Friday, October 27th - Scavenger Hunt
9 AM - 4 PM

Saturday, October 28th - Community Trunk or Treat
3 - 5 PM | Parking Lot B

Register on CampusGroups



Your KEY to Wellness

Start recognizing these 8 wellness icons next time you see a WELLNESS- event promotion. The icons displayed on the promo will tell you which dimensions of wellness the event will address.

- ENVIRONMENTAL
- FINANCIAL
- OCCUPATIONAL
- INTELLECTUAL
- SOCIAL
- EMOTIONAL
- SPIRITUAL
- PHYSICAL

Need Emotional Support?

Counselors are available! Schedule a free appointment.

[Learn More Online](#)

Make an appointment: Email counseling@neomed.edu or call 330-325-6757

IMMEDIATE LIFE-THREATENING: CALL 9-911

NEOMED Police: 330.325.5911
NEOMED Security: 330.325.6489

NATIONAL CRISIS ASSISTANCE 24/7

Crisis Text Line: 741-741
National Suicide Hotline: 988
Sexual Abuse National Network: 800.656.4673



How Journaling Helps



There are different types of journaling you could use:

Expressive writing: Typically performed over three or four sessions to access your feelings and thoughts; focusing more on the emotional experience than events, people, or objects.

Gratitude journaling: Involving a focus on the positive aspects of life through capturing situations, events, and interactions for which we are grateful.

Keeping a record of personal thoughts and feelings is particularly helpful in supporting mental health by (WebMD.com, 2021):

- Reducing anxiety
- Breaking away from a nonstop cycle of obsessive thinking and brooding
- Improving the awareness and perception of events
- Regulating emotions
- Encouraging awareness
- Boosting physical health

The positive effects of journaling can even be felt when not performed daily – helping the individual better understand their needs and boosting their wellbeing (Tartakovsky, 2022).

Try it! Buy a journal that speaks to you and keep it close to you to access and write whenever you're moved to reflect!

REGISTER NOW!

Free lunch to the first 25 students!

Life Skills 4 Wellness:

MAKING "CENTS" OF YOUR FINANCES

Wednesday, Oct 25, Olson
noon-1pm



WOW: Week of Wellness Photo Montage



Cooking Class w/ Chef Rodney

Employee and Student Kickball Teams. Congrats Students!



**Push Up Challenge Winner:
Klarens Menage 108!**



NEOMED STUDENTS!

It's **WOW**

WEEK OF WELLNESS • SEPTEMBER 25-29

STUDENT ORGANIZATIONS!

Register now on CampusGroups
for your group to host a TRUNK for the

COMMUNITY TRUNK OR TREAT

Saturday, October 28, 3-5pm Parking Lot B

**EARN YOUR SERVICE
REQUIREMENT CREDIT!**

